



A
TASTE
OF
PEEL

Peel Museum and Art Gallery

The purpose of this book is to show to the young and the new residents of Peel County that this is an interesting and exciting place to live, and its people, both past and present, have made it so. The Peel Museum and Art Gallery is a mirror reflecting this through its collection of art and artifacts. We are aware that the daily life of a people tells the story of its development in a most revealing manner and that food and cooking are essential elements.

This book is a light hearted look at the changes over the years through its use of food, its preparation and enjoyment. In it you will find a barn raising, a debutante breakfast, food fit for movie stars, as well as menus for Church banquets for visiting dignitaries and politicians. The military is represented by the Lorne Scots Regiment which traces its roots back to the 1790's when the first militia was formed in Upper Canada.

There is a recipe for Beaver Pie and one for Orange Blossom Cocktail. There are special recipes donated by old Peel families, there are recipes for today's modern hostess who has very little time to spend in preparation. There is a section on Christmas which ties in with the Museum's "Christmas Around-The-World" presentations.

You will find vignettes of some of the artifacts in the Museum's custody, and black and white reproductions represent the Gallery's varied collection of paintings by artists of Peel.

Recipes have been double tested and are recommended by the editors. We hope you enjoy our book and that it will entice you to become interested and involved with the Museum and Art Gallery.

THE EDITORS

who cook from necessity.

There is almost no aspect of our society that is not touched by the efforts of our volunteer workers. Their genuine concern and interest in the welfare of others is the real foundation of our democracy, our civilization and our humanity. Because they care, because they reach out a helping hand to those in need, and because they give deeply of their time and means to humanitarian, educational and cultural endeavours, our communities are a better place in which to live.

Kathleen Davis.

The Peel Gallery Volunteer Group gratefully acknowledges the generous help of:

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And the many, many others who contributed so freely of their time and talent.

Joyce Holman,
Project Co-ordinator.

FRONT COVER: "Old Apples", oil on canvas 30 cm x 36 cm. This painting was a prize winner of the 1980 Juried Art Show. By kind permission of the artist, Sean Cassidy born 1947 who lives in Grand Valley, Ontario.

Brunch - Luncheon



Untitled. Acrylic 59.1 cm. x 74.4, by Tom Mathews b. 1920, a long time resident of Brampton and now living in Picton.

APRIL BREAKFAST - 1862

A menu and recipe taken from "The Epicurean"--, a cookbook published in 1862, which came from the Hall family and is now part of the Museum's collection.

BILL OF FARE #46

Anchovy salad
Eggs on a dish, English style
Lamprey a la Rabelais
Baked mashed potatoes
Calf's brains tomatoed, Bearnaise

*Sirloin steak, Ancient style (recipe follows)
Broiled squabs, Colbert sauce
Rum omelet

SIRLOIN STEAK, ANCIENT STYLE*

After the sirloin is broiled lay it on a dish, besprinkling it over with some anchovy butter. Form on top a crown of anchovy fillets garnishing the interior with capers and set round the steak a garnishing of potato balls, each an inch in diameter, fried three quarters in hot fat and finish cooking in the oven with some butter; when done drain off the butter and season with salt, chopped parsley and lemon juice.

Anchovy Butter

Wash an ounce of anchovies, wipe them well to remove the silver scales covering them, then pound them thoroughly, adding a quarter of a pound of butter and a little cayenne pepper. Rub through a sieve and use when needed.

LUNCHEON 1917

In 1917 with Canada at war and the inevitable shortages of certain foods, resourceful cooks were still serving tasty meals using recipes like the ones for this luncheon taken from a cookbook of the period.

MENU

FISH CHOWDER* CHICKEN FRICASSEE*
GREEN SALAD WITH FRENCH DRESSING*
WAR CAKE (made without sugar and eggs)

FISH CHOWDER*

Ed. Note: Bacon fat could be substituted for the salt pork and the addition of herbs such as parsley, dill, or basil will improve the flavor.

2 cups flaked cod or fresh cod or soaked salt cod	
8 potatoes cut in 1/4" slices	1 sliced onion
1 tbsp. salt	1 quart milk
1 pint boiling water	salt pork fat 1" x 3"
1/8 tsp. pepper	8 crackers

Fry out fat, add sliced onion and cook to a light brown without burning. Strain fat and set aside, add potatoes to onions and boiling water and cook 10 mins., (until potatoes are tender). Add the fish, (cut in pieces), and simmer 10 mins. Add the milk and seasonings. Heat to boiling point and serve with crackers.

GREEN SALAD*

Select desired salad greens which may include leaf lettuce, head lettuce, romaine lettuce, endive, chicory, escarole, sorrel or watercress. Wash greens carefully and serve with the following dressing.

FRENCH DRESSING*

1/2 tsp. salt
1/8 tsp. paprika
4 tbsp. oil
1/4 tsp. pepper
1 or 2 tbsp. vinegar

Mix ingredients in order given, stirring vigorously; 2 tbsp. chili sauce may be added.

CHICKEN FRICASSEE*

3 lbs. chicken breasts
1 onion
2 cloves
1/6 bay leaf

1 tsp. salt
1/4 cup chopped salt pork
1/3 cup flour

Put chicken in saucepan with 1 quart of water, 1 sliced onion with 2 cloves pressed into it; 1/6 bay leaf and salt. Simmer slowly until tender. Remove chicken and brown the pieces, dredged generously with flour, salt and pepper in the salt pork fat or other fat in the frying pan. When the pieces of chicken are nicely browned on both sides, add the water or stock in which the chicken has been cooked. If the gravy is not thick enough, add flour thickening to it. Season to taste. Arrange the browned chicken on a platter. Pour the gravy over it. Surround with a border of boiled rice.

WAR CAKE*

1 cup molasses
1 tsp. salt
1 tsp. soda
1 cup corn syrup
1 tsp. cinnamon
2 tsps. baking powder

1-1/2 cups boiling water
1/2 tsp. cloves
2 cups raisins
1/2 tsp. nutmeg
2 tbsps. fat
3 cups flour

Boil molasses, syrup, raisins, fat and spices in water. Cool.

Add flour sifted with soda and baking powder. Drop into well greased loaf tins. Bake 45 mins. in a moderately hot oven (350°). Makes two loaves.

"The general foundation of settlers' meals was made up of pork, flour, potatoes and corn. Those who had not plenty of bread and potatoes were unfortunate, for starchy foods enabled one to eat quantities of salt pork. In summer a considerable amount of beef and other meats could be substituted by the more prosperous settlers; but many ate pork all the year round, attempting to vary it by making pork pies and other dishes".

"Pioneer Days in Upper Canada" E.C. Guillet 1933

NOTE FROM ALICE ANNE TRAIN

Not least among my grandmother Annie C. Hall's accomplishments were her culinary skills. She was fortunate in having the aid of a wonderful Chinese cook, George Hoey. The two of them collaborated in the kitchen to produce some of the memorable meals which were served to guests in the gracious, old dining room 58 Church Street, Brampton. I felt privileged to be allowed to beat the heavy cream used for desserts or to collect apples from the orchard for the ever present apple sauce.

Annie left her family a wealth of recipes written carefully in a number of notebooks. The recipes contain personal comments and sometimes mention that a certain dish is the favorite of a particular friend. (Editors note: Sir Herbert Bruce's favorite appears in the Dinner section).

Our uncle, Dr. Malcolm Hall, when driving us from the city to my grandmother's home for dinner would invariably say, "Good night tonight, Mother's serving _____ for dinner." As far as I can recall, all the nights were good!

SPRING LUNCHEON - JUNE 1932

HOSTESS: Mrs. Annie C. Hall
58 Church St. (Glenmeadow Farm), Brampton.

GUESTS: Miss Ethel Galbraith
Misses Elizabeth and Margaret Kirkwood
Mrs. Wm. Brydon Mrs. W.J. Fenton
Mrs. Robert Haggert Mrs. David Heggie

MENU: *Cucumber au Bateau with Russian Dressing
*Tomato Aspic
Chilled strawberries and clotted cream
Rolls *Iced Tea

RUSSIAN DRESSING*

To 1/2 cup mayonnaise, add 1/4 tsp. hot mustard, 1/4 tsp. prepared mustard, 1/4 tsp. Worcestershire sauce, pinch of sugar, sprinkle paprika, salt and pepper, dash of H.P. sauce, dash tabasco sauce, little onion juice, a dash of tarragon vinegar. Beat well while adding 2 cups olive oil, correct seasoning. Chill in refrigerator one week.

CUCUMBER AU BATEAU*

Cucumbers - one per guest	Bacon - 6 slices breakfast
Watercress - 2 large bunches	Russian dressing - 4 tbsls.
Tomatoes - 2 medium	Lemon - 1
Chicken Breasts - 1 per guest	Tiny lettuce leaves

Cook chicken breasts the day before luncheon, drain and chill. Dice chicken in bowl. Take one slice off cucumber lengthwise. Remove inside pulp, reserve. On each plate place a wreath of watercress placing stems in centre and letting leaves radiate out to edge of plate.

Make a mixture of chicken breasts diced, tomatoes sliced, crisp bacon crumbled, pulp of cucumber and Russian dressing. Fill cucumber boats with this mixture. Place a sprig of watercress standing in middle, 1/4 of a lemon wedge on each end; or better, make a cup of tiny lettuce leaves and fill with Russian dressing or both.

TOMATO ASPIC*

1/2 cup pimento	1 bay leaf
1 cup chopped celery	1 finely chopped onion
1-1/2 cup tomato juice and pulp	1 tbsls. lemon juice
2 tbsls. mild vinegar	1 tbsls. gelatine
3/4 tsp. salt	

Mince celery and pimento, mix all ingredients except gelatine in saucepan and simmer 3 mins. Add gelatine which has been soaked in 2 tbsls. cold water. Stir until dissolved, strain, pour into a shallow mold. When firm cut into cubes. Serves 5 - 6.

ICED TEA AND GINGERALE*

To iced tea, add 2 tbsls. of gingerale to each glass. This will give a delightful tang with the meal. Garnish with lemon wedge or mint sprig.

May 2, 1899.

A couple of horseless carriages - automobiles were run from Toronto to Brampton as an experiment on Sunday last. They are said to have made very good time. The roads were in fairly good condition. The predictions that in the not very remote future a horse will be a curiosity seems to have some possibility of fulfillment.

BUFFET LUNCHEON

For their Grace The Duke and Duchess of Argyll on Sunday, 21st of August, 1977, at the home of Lt. Col. and Mrs. F.E. Ching. Also in attendance were: F/O and Mrs. D. Stone, Capt. and Mrs. G. French and Lt. and Mrs. G. Swan. Capt. and Mrs. L. Smith.

Lt. Col. F.E. Ching is the commanding officer of the Lorne Scots Regiment of Brampton, one of the oldest infantry regiments in Canada. The regiment wears the Campbell tartan and maintains close ties with Scotland.

MENU

*Turkey Pie	Rolls
*Pineapple Salad	Relish Tray
*Tomato Aspic	Assorted Cheese Tray
Tossed Salad and	*French Dressing Coffee

TURKEY PIE*

3 c. cooked turkey cut up
6 tbsp. flour
3 c. stock and cream
salt and pepper to taste
1/2 c. small onions, cooked slightly
1/2 c. sliced carrots cooked slightly
1 c. small potatoes cooked slightly
1/2 c. peas (frozen or fresh)

(To make the stock, boil the turkey in water with celery and onions until turkey is tender). Combine turkey and vegetables in casserole. Then make the cream sauce by thickening the stock with flour and adding cream to suit and pour over. Cover with flaky pastry and bake at 425° for 30 minutes.

PASTRY

3 c. pastry flour	1/2 c. butter
1/2 tsp. salt	1/2 c. cold water
1/2 c. shortening	

Sift flour and salt. Cut in lard. Make a well, add water and work in using a cutting motion with a knife. Work into shape with fingers. Do not knead. Roll out to 1/3" thickness. Cover one half with the butter, cut in thin slices. Fold other half over and press edges together. Roll out again. Fold over again. Chill. Use enough for one crust at a time. Roll from centre outward.

PINEAPPLE SALAD*

2 Lemon jelly powders (small)
12 oz. creamed cottage cheese, (cream with mixer)
1-20 oz. can crushed pineapple, drained
2 c. boiling water
nuts and cherries may be added, if desired.

Let jelly set partially, then beat with cottage cheese. Add remaining ingredients. Makes a large salad.

FRENCH DRESSING*

1 tin Tomato soup	1/4 c. lemon juice
1/3 c. honey	2 tbsp. vinegar
1 tsp. paprika	1 tbsp. chopped onion
1 tsp. salt	3/4 c. oil
2 tsp. prepared mustard	
2 tsp. worchestershire sauce	

Beat all ingredients together and put in a jar with 2 garlic buds. Keep in refrigerator.

TOMATO ASPIC*

2 c. canned tomatoes	3 or 4 bay leaves
3 cloves	1 tsp. sugar
1 stalk celery	1 tsp. salt

Boil for 25 minutes, then put through a sieve. Add 1 tbsp. gelatin which has been softened in 1/2 c. of cold water for 5 minutes, to the hot mixture. Pour into a greased mold which has asparagus tips in the bottom. Refrigerate.

Friday, May 5, 1899.

One of the largest butter makers in the County of Peel is Mr. Hugh Clarridge of Alloo. He is a Jersey man and believes the Jersey is the most profitable cow. One hundred pounds of butter per week are sent to Toronto and at all times bring the highest price. Mr. Clarridge recently sold three Jerseys to Mr. J.R. Lawrence of Humber for \$160.00.

WEDDING VEIL

Weddings are the happiest of celebrations. Friends and family gather to welcome the new couple and to celebrate their love and respect for each other. All the hours of preparation produce a gala occasion which radiates romance and happiness. The bride looks beautiful as she is swept across the dance floor in her flowing gown and veil.

A bride may wear her mother's gown or her sister's veil in hope of capturing the same good fortune in marriage that the original owner experienced. Mrs. Marian Racine has shared her good fortune and her veil with nineteen brides across 52 years. Mrs. Racine was one of the first brides to wear the veil and now prepares it for each successive bride with the same pride she prepared it for herself. Imagine a veil gracing the heads of nineteen brides, by now it must have truly magical powers surpassed only by its timelessness!

WEDDING BREAKFAST

Janet McCluskey, of Brampton, entertained family and friends following the marriage of her daughter Deirdre to Andrew Brooks. (1980).

MENU

Liver Pate* with crackers Smoked Salmon on dark rye bread
Large ripe and green olives

Cold roast beef with horseradish Fruited chicken salad*
 Oriental salad* Coleslaw
 Sliced tomatoes, cucumbers and artichoke hearts
 Buttered rolls

Ice cream with Macadamia Mango Sauce*
Wedding Cake
Coffee

*Starred recipes follow

LIVER PATE*

In a large heavy skillet cook 2 cups minced onion in 1/2 cup butter over moderate heat, stirring, until very soft. Transfer with a slotted spoon to a bowl. In remaining fat, saute 2 pounds chicken livers until browned and cooked through, then transfer to bowl with a slotted spoon.

Deglaze pan with 1/4 cup each of gin and port. Add the mixture to bowl with 1/2 cup minced fresh parsley, 3 hard boiled eggs, chopped, 1/4 cup soft butter, 1 tsp. salt, 3/4 cup each allspice and thyme, pepper to taste. Puree mixture in food processor or blender in batches. Correct seasonings and chill, covered with plastic wrap placed directly on surface. Allow to come to room temperature before serving.

ORIENTAL SALAD*

This is my sister's recipe. She, as a Bishop's wife, entertains a lot. It makes 8 to 10 fairly generous servings, and can be trebled or quadrupled according to anticipated appetites.

1 cup converted long grain rice	
1 10 oz. tin sliced mushrooms	1 10 oz. tin mandarin oranges
1/2 cup corn or olive oil	2 tbsp. thinly sliced green onions
1/4 cup cider vinegar	1 cup thinly sliced celery
2 tbsp. soya sauce	1/2 cup slivered almonds
1/2 tsp. salt	Lettuce

Cook rice - Bring 2 cups water and 1 tsp. salt to a boil, add rice, stir with a fork and reduce heat to simmer. Cover and allow to simmer for 25 minutes, until all water is absorbed. Spoon into a large bowl.

While rice is cooking, combine oil, vinegar, soya sauce and salt in a jar with a tight fitting lid, and shake well to combine. Add drained mushrooms to rice and toss gently with oil mixture. Cover and chill at least 1 hour. Just before serving fold in drained mandarin oranges, celery, green onions and almonds. Spoon into lettuce lined bowl.

FRUITED CHICKEN SALAD*

9 lbs. chicken breasts
4 large nectarines, cut in cubes
1 large honeydew melon cut in cubes
2 tbsp. curry powder
mayonnaise
lettuce

Place chicken in a large saucepan and barely cover with water. Simmer gently for 20 minutes or until cooked through. Remove skin and bones and cut meat into cubes.

Just before serving, sprinkle chicken and fruit with curry powder and toss with mayonnaise. Serve on a bed of lettuce.

Note: to prevent nectarines from discolouring, toss with a little lemon juice.

MACADAMIA MANGO SAUCE*

3 19 oz. tins mangoes
3 cups sugar
2 lbs. unroasted Macadamia nuts

Pour syrup from mangoes into a heavy saucepan. Scrape pulp from stones and add to syrup with the sugar. Boil for 10 minutes.

Roast Macadamia nuts in a slow oven until slightly browned. Chop very coarsely. Add to mango syrup. Serve over ice cream, topped with whipped cream.

MENU FOR A 1980 DEBUTANTES' BREAKFAST PARTY as served by Lilli Mech for her daughter, Miss Danuta Mech and her escort, Officer Cadet Marian Miszkil, R.M.C., Officer Cadet Konrad Mech, R.M.C. and his partner and six other debs, and their partners. A light supper and early breakfast combined was offered at four in the morning.

Orange juice and champagne mixed and poured over ice and served in tulip champagne glasses.

Breakfast crepes, one with *mushrooms covered in creamy bechamel sauce, the other *cottage cheese with thickened orange sauce. (Both hot).

Toasted English crumpets and muffins, dripping in hot butter with strawberry conserve and whipped cream.

A plate of assorted sweet soft cheeses with sweet European breads. Jasmine tea.

MUSHROOM FILLING*

Wash and drain very dry 3/4 lb. mushrooms, chopped finely. Fry half of a finely chopped small onion in sunflower seed oil. Add mushrooms. Cook lightly. Pour whole mixture into large bowl retaining all moisture. Add 1/2 cup bread crumbs, lightly season with salt, no pepper. Mix until doughy.

CHEESE FILLING*

1 qt. fresh cottage cheese blended with 2 large beaten eggs, 2 tbs. sugar.

PROCEDURE

Put two tbs. of either mixture into crepe and roll neatly. Place in oven-proof baking dish.

BECHAMEL SAUCE* for mushroom crepes

2 tbs. butter
2 tbs. flour (hard milled if possible)
1 cup light cream

Melt butter and brown flour together in large fry pan. Add cream and stir continuously until thickened. Pour over serving dish of mushroom crepes. Serve immediately. (Remember to reheat crepes in 350° oven for 30 minutes prior to serving).

ORANGE SAUCE* for cheese crepes

1 large frozen orange juice mixed with water according to instructions
2 tbls. sugar
1 tbls. corn starch (or more if desired)

Blend all together and cook in double boiler until clear and slightly thickened. When cheese crepes are heated (350° oven for 30 minutes), pour sauce over, covering crepes and allowing rest to settle to bottom of serving dish. This gives a slightly crepes Suzette taste.

NOT RECOMMENDED LEMON PIE - Taken from "Ladies' Indispensable Assistant" 1852.

For one pie, take a couple of good sized lemons (fresh), squeeze out the juice, and mix it with half a pint of molasses, or sufficient sugar to make the juice sweet. Chop the peel fine, line deep pie plates with your pastry, then sprinkle on a layer of your chopped lemon peel turn in part of the mixed sugar or molasses and juice, then cover the whole with pie crust, rolled very thin - put in another layer of peel, sweetened juice, and crust, and so, till all the lemon is used. Cover the whole with a thick crust and bake the pie about half an hour. Beware!!

To Make Fried Toasts.

CHIP a manchet very well, and cut it round-ways into toasts; then take cream and eight eggs, season'd with sack; sugar, and nutmeg; and let these toasts steep in it about an hour; then fry them in sweet butter, serve them up with plain melted butter, or with butter, sack and sugar, as you please.

from The Complete Housewife.

ALL PURPOSE CREPE BATTER - B. McCleave

Makes about 32-36 crepes.

4 eggs	2-1/4 cups milk
1/4 tsp. salt	1/4 cup melted butter
2 cups flour	

Blender method

Combine ingredients in blender jar. Blend for 1 minute. Scrape down sides with rubber spatula and blend 'til smooth.

Mixer or whisk method

In medium mixing bowl, combine eggs and salt. Gradually add flour, alternately with milk, beating with an electric mixer or whisk until smooth. Beat in melted butter.

Both methods

Refrigerate batter at least an hour. Cook in traditional crepe pan.

ORANGE BLOSSOM CREPES

1 3 oz. pkg. cream cheese, softened	2 tsps. cornstarch
1 tbls. milk	1/2 cup orange juice
1/4 tsp. almond extract	1/4 cup orange liqueur
1/4 cup finely chopped toasted almonds	1 tsp. grated orange peel
6 to 8 cooked crepes	2 tbls. cognac, warmed
1/4 cup butter	2 tbls. toasted sliced almonds
1/3 cup sugar	orange sections
1 tsp. lemon juice	

Method

In small mixing bowl, mix cream cheese with milk and almond extract. Add finely chopped almonds. Spread onto centre of cooked crepes. Roll up and set aside. In large skillet or chafing dish, melt butter; stir in sugar and lemon juice. Dissolve the cornstarch in the orange juice. Add orange juice mixture, orange liqueur and finely grated peel to butter. Cook on low heat, stirring constantly, until thick and translucent. Put filled crepes in skillet or chafing dish of hot orange sauce; heat to boiling. Pour warm cognac over all. Ignite with long match. Garnish with toasted sliced almonds and orange sections. Serve immediately. Makes 6 to 8 crepes.

HAM STUFFED CREPES

2 cups finely chopped cooked ham	1/2 tsp. seasoned salt
3 hard cooked eggs, finely chopped	3/4 cup mayonnaise
2 tbls. minced green onions	10 cooked crepes
2 tbls. chopped ripe olives	10 slices Swiss or American
2 tsp. sweet pickle relish	cheese

Method

Combine ham, eggs, onion, olives, relish, seasoned salt, and mayonnaise. Spoon mixture onto cooked crepes, allowing about 3 tablespoons for each crepe. Fold crepe. Place in shallow baking pan. Arrange 1 slice cheese on each filled crepe. Broil until cheese melts. Makes 10 crepes.

SALMON SOUFFLE

3 tbls. butter	1 cup milk
3 tbls. flour	

Cook above together until thickened.

1 7-3/4 oz. can salmon, drained and flaked	3/4 tsp. salt
1 tbls. parsley	1/4 tsp. paprika
2 tbls. onion minced	1 tbls. lemon juice

Separate 4 eggs, add yolks to above salmon mixture, add this to white sauce. Beat egg whites. Fold into salmon mixture. Place dish in a bowl or pan of cold water. Bake at 375° until light brown and cracks appear, approximately 50 minutes.

CHEESE SOUFFLE

Melt 3 tbls. butter and stir in 3 tbls. flour.
Add 1 cup milk and cook until smooth.
Add salt, pepper, cayenne, 1 cup grated medium, mild or old cheese.
Mix until all blended.
Cool and add 3 beaten egg yolks.
Fold in 3 stiffly beaten egg whites.
Pour into greased baking dish.
Cut through the mixture 1 inch from edge of dish with spoon.
Bake in 300° oven - 50 to 60 minutes.
Serve immediately.

ZUCCHINI LEMON QUICHE - L. Houstoun, Peel North W.I.

3 med. zucchini	3 eggs
1/4 cup butter melted	1/2 pint whipping cream (canned milk whipped is okay)
1/2 tsp. grated lemon peel	1 cup Swiss cheese grated
1 small clove garlic - crushed	Nutmeg, salt, pepper, to taste

Bake a 9" pie shell 10 minutes in 425° oven. Grate unpeeled zucchini, place in cloth and wring out all moisture. It should yield 2 cups. Add butter, garlic and lemon peel. Lightly beat eggs and cream. Stir in zucchini, cheese, etc. Bake at 350°F. for approximately 35 minutes or until set in centre.

QUICHE LORRAINE

10 slices bacon, finely chopped	1 cup milk
10 oz. Swiss cheese, finely chopped	pinch cayenne
2 tbls. chopped parsley	pastry
2 oz. Vermouth, sweet or dry (or white wine)	paprika
4 eggs	

Fry the bacon pieces, drain and crumble. In a mixing bowl, combine the bacon, cheese, parsley and vermouth. Add salt and pepper to taste.

Line a 9" pie plate with pastry. Beat eggs and brush a bit of the beaten egg on the pastry. Pour bacon-cheese mixture into the pie shell. Add milk to beaten eggs. Pour over bacon-cheese mixture. Sprinkle paprika on top. Bake at 450° for 10 minutes. Reduce heat to 350°. Bake for 20-30 minutes until set.

CRUSTY CHEESE QUICHE

1/4 pound bacon diced	1 cup heavy cream
1 lightly baked 10" pie shell	1 cup milk
1 cup thinly sliced onions	1 cup grated Swiss cheese
1/2 cup grape-nut cereal or cereal flakes	3/4 tsp. salt
3 eggs slightly beaten	1/8 tsp. pepper

Fry bacon until crisp. Drain and crumble into pie shell. Sauté onions in bacon drippings until tender. Drain. Combine remaining ingredients, stir in onions. Pour into pie shell. Bake 425°F. about 30 minutes or until top browns and puffs up. Serves 6.

DANDY STUFFED EGGS- B. Shaw (from a 1930's cookbook)

1/2 dozen hard cooked eggs	1 slice salt pork or bacon
1 pound dandelion greens or spinach	1 tsp. salt
1 small onion	2 tbls. vinegar

Cut the eggs in half and remove the yolks. Cook the greens until tender and divide in two portions. To one portion, chopped, add the salt pork or bacon fried crisp and chopped, the onion minced and cooked in the drippings, the salt, the vinegar, and the egg yolks mashed. Pile the egg whites with the mixture. Place in the oven to reheat, and serve on a bed of greens, using for this purpose the other portion of cooked greens seasoned to taste. Spinach, beet greens or chard may be used in place of the dandelion.

BRUNCH EGG CASSEROLE

In bottom of greased 10" x 6" baking dish combine 2 cups plain croutons and 4 ounces (1/2 cup) shredded cheddar cheese. Combine 4 slightly beaten eggs, 2 cups milk, 1/2 tsp. salt, 1/2 tsp. prepared mustard, 1/8 tsp. onion powder, dash of pepper. Mix until blended. Pour over crouton mixture in casserole. Cook 4 slices bacon until crisp; drain and crumble. Sprinkle over top of casserole and bake in 325° oven for 55 to 60 mins. or until eggs set. Garnish with bacon curls if desired. Serves 6.

"THE EPICUREAN 1862".

To Beat Up the Whites of Eggs

"Although the eggs intended for beating up the white should be perfectly fresh, still they must not be newly laid, for when these are used they are liable to become a greenish colour, while baking".



SEAFOOD CASSEROLE - M. Hall

3 cups rich milk (or mixture of milk and cream)
1/3 cup butter or margarine
6 tbs. all-purpose flour
1/2 tsp. salt
freshly ground black pepper
1 tsp. paprika
cayenne
1 tsp. Worcestershire sauce or 2 tbs. dry sherry
1 pkg. frozen shrimp cooked (12-14 oz.)
1 pkg. frozen crabmeat - thawed or 1 can (5 oz.) crabmeat
1 can white tuna - drained and flaked
3-4 hard cooked eggs - diced
grated parmesan or sharp cheddar cheese

Method

Scald milk in top of double boiler, melt butter and blend in flour, salt, pepper, paprika and cayenne. Slowly stir into hot milk. Return to double boiler and stir frequently while cooking until the mixture thickens smoothly. Remove from heat and add Worcester sauce or sherry. Add cooked shrimps, drained and flaked crabmeat and the tuna. Carefully fold in the eggs. Turn into well greased baking dish and sprinkle very generously with cheese. If desired cover and chill overnight.

To serve, heat in 375° oven until bubbling hot - cheese melts and browns lightly - about 30-35 minutes.

Makes 8 servings.

The seafood may be varied. Canned or frozen lobster may be added or tuna increased.

From SOCIAL LIFE IN EARLY STREETSVILLE, a talk by Mary Manning to the Streetsville United Church Couples' Club, October 1978.

"By 1850 the housewife had a good choice of foodstuffs, judging by the advertisements in the Streetsville Weekly Review. If she did not choose to do her own baking, John Chambers had a bakery at Queen and Water Streets. There were several general stores competing for custom, and there was quality and variety. The Barnharts, at their Montreal House, sold all kinds of groceries including Young Hyson and Twankay Tea, Teas in Caddies of 5 to 20 lbs. put up for family use; Green Roasted and Ground Coffees, Loaf, Crushed and Brown Sugars; Tobaccos; Molasses and Vinegar of the best quality; 5 bbls. of No. 2 Mackerel, this years catch".

SALMON CHEESE BRAID

1 7-3/4 oz. can drained and mashed salmon
1/8 tsp. pepper
1/4 tsp. celery salt
3/4 cup old cheese shredded
1 tbs. chopped onion or half cup of either chopped celery or frozen peas
2 tbs. parsley chopped
1 10 oz. can cream of mushroom soup, divided
tea biscuit dough
1/4 cup milk
1/2 cup shredded cheese

Sprinkle salmon with next 5 ingredients. Mix in 1/4 cup mushroom soup. Roll dough into 9" x 10" rectangle. Put filling in centre. Make 9 parallel slashes one inch apart in each side from filling to outside edges. Fold strips at an angle across filling, alternate from side to side, seal ends. Place on greased cookie sheet. Bake 400 F. oven 25 to 30 mins.

Sauce

Blend milk into remaining mushroom soup with 1/2 cup cheese, heat slowly. Stir often.

February 2, 1877.

Complimentary Supper to Mr. Jas. Gooderham, ex-reeve of Streetsville. The spread was excellent and the tables tastily and beautifully decorated. Tea, coffee and cold water were the only beverages used during the supper and the rest of the evening.



NOTICE!

When

BUTTER

is mentioned in any of the receipts in this book we mean

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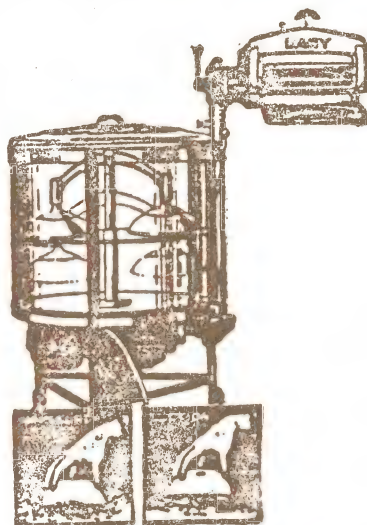
Billiard Room

Some of the
advertising
in the book,
"Choice Tested
Recipes"

compiled
by the Ladies
Aid of St.
Paul's United
Church,

Brampton.

1929-30.



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BRAMPTON

Soups - Salads



"South of Alton". Oil, 35 cm x 40.9 cm, by J.R. Tait, 1882 - 1960, came from the Perkins Bull Collection.

An amusing incident happened to Mrs. William Davis one summer when she and her husband, their five active children and two dogs were vacationing on Georgian Bay.

One morning, Mr. Davis casually mentioned over his breakfast coffee, that the Honourable Robert Stanfield would be paying them a visit in a few hours.

Like a whirlwind, Mrs. Davis tore through the cottage gathering up all traces of disarray, flinging the mass of evidence into the Masterbedroom, and closing the door firmly behind her. "What you can't see isn't there", she thought, remembering an old adage.

Later, content with what appeared to be an orderly house, and reassured by one last peek at the unusually spotless guest-room, Mrs. Davis calmly greeted Mr. Stanfield at the door.

The two men discussed the Affairs of State for some time. Mr. Davis then asked his guest if he wouldn't like to change his clothes and go for a swim. Receiving an affirmative answer, he escorted the elegant leader of the loyal opposition into the Masterbedroom, ignoring the sparkling clean guest-room entirely!

This little story proves the truth in Mrs. Davis' new (and more reliable) adage, "What you can't see is probably still there, anyway"!

SPLIT PEA SOUP

Kathleen Davis

2 cups yellow split peas (soak if necessary)

add:

10 cups water

Cover and simmer until tender, about 2-3 hours with large meaty hambone.

add:

1/3 cup onion, chopped

1 cup celery, chopped

1/3 cup carrots, chopped

Simmer until vegetables are tender.

Meanwhile, remove hambone. Strip meat from bone, chop and return to soup pot.

Simmer uncovered until soup is consistency you desire.

(We like it heavy and thick!)

Add 2-3 tablespoons of butter just for flavour.

Correct seasoning (salt, pepper).

Wonderful with English muffins with garlic butter, toasted under the broiler and a simple green salad.

Along with my two brothers and two sisters, I had the good fortune to be brought up in Brampton where my father, T.H. McKillop was a downtown merchant for over 50 years. In my younger days, there was the great depression and in my teenage years, there was the second world war. It was important to have a garden full of fresh fruits and vegetables. In the case of the depression, it was needed in order to survive and in the case of the second world war, it was a Victory Garden to add to Canada's food supply.

My mother was a very frugal woman, she had to be, as it was no easy task to feed seven mouths on a small income. One day she discovered that one of our loaves of bread was stale so, in order to make it more palatable, she placed it in a wet paper bag and put both bag and bread in the oven and left for a church meeting. Upon her return, she smelled something burning and, having totally forgotten the bread, opened the oven door to discover a smoldering lump of what was bread. Ashamed of her wastefulness (after all bread was 10¢ a loaf) she decided to bury it in the garden.

That evening my father came home and announced he was going fishing the next day and was going out to dig for worms before dinner. After a while he returned with a grin on his face and said, "Guess what mother? I just dug up a loaf of bread". It was hard to believe that out of perhaps 1/2 to 3/4 of an acre he had chosen that exact spot to dig. The situation merited a hearty laugh and the 10¢ was easily forgotten.

Katie Charters

PESTO SAUCE

1/4 cup soft butter	1/4 cup parmesan (grated)
1/2 cup finely chopped parsley	1 clove garlic (crushed)
1 tsp. dried basil	1/2 tsp. marjoram
1/4 cup olive or salad oil	1/4 cup chopped walnuts

Blend butter, cheese, parsley, garlic, basil, and marjoram. Gradually add oil beating constantly. Add nuts. Put in small serving dish and chill. Serve with piping hot soup allowing guests to help themselves. This may be served as a main dish with French stick. De-licious.

A recipe using those garden vegetables -

MINESTRONE SOUP WITH PESTO SAUCE - Katie Charters

1 cup dried white navy beans	
2 cans (10 oz.) condensed chicken broth	
salt	
1 small head cabbage	1 large fresh tomato
4 carrots (1/2 lb.)	1 clove garlic
2 medium potatoes	1/4 cup olive or salad oil
1 can (lb.) plum tomatoes	1/4 tsp. pepper
2 medium onions	1/4 cup chopped parsley
1 stalk celery	1 cup broken-up thin spaghetti
2 zucchini or 1/2 lb.	

Cover beans with cold water. Refrigerate (covered) overnight. Next day, drain. Turn chicken broth into 1 qt. measure. Add water to make quart. Pour into 8 qt. kettle with 2 more quarts water, 2 tsps. salt and beans. Bring to boiling - reduce heat - simmer covered, 1 hour. Wash cabbage, quarter and slice thinly. Diagonally cut carrots 1/4" thick. Slice potatoes in 1/2" cubes. Add to soup with canned tomatoes. Slice onions thinly. In 1/4 cup hot oil saute onion about 5 mins. Slice celery diagonally 1/8" thick - zucchini 1/4" thick. Cut tomato into 1/2" cubes. Press garlic clove. Add vegetables to onion with 1/2 tsp. salt and the pepper. Cook slowly uncovered for 20 mins. Add to beans with parsley and spaghetti. Cook slowly, covered, stirring occasionally for 30 minutes.

An old superstition tells us that when the soup is too salty it's a sign that the cook is in love. Adding a raw potato to the salty soup will take away the deep-sea flavour.

"As a change from croutons, top soups with slices of lemon, chopped celery, diced green onion tops, or diced green pepper."

Hair Brightener, an early American recipe

Beat 4 egg whites to a froth. Rub them thoroughly into the scalp and let dry. Wash out and rinse with equal parts of rum and rose water. This is said to be one of the best cleansers and brighteners of hair that was ever used.

On July 15th, 1980 Lois Houstoun entertained her guests with an Irish flavour. Slides were shown of a recent sketching and painting trip with her husband, artist Wm. S. Houstoun.

She greeted her guests at the door with the "Irish Blessing" and later served three Irish soups. Spinach Soup, Fish Chowder and Tuesday Soup, the recipe follows:

TUESDAY SOUP - Lois Houstoun - from the Irish Country Women's Cookbook.

2 tbls. barley
1 quart pork stock (use bone of a ham)
2 carrots (sliced)
1 piece celery root or (2 stalks heart celery)
1 piece turnip (3/4 cups cubed turnip)
1 parsnip (cubed)
3 cups cut up potatoes
1-1/2 cups milk
salt and white pepper to taste

Method

Rinse barley in cold water and cook in stock 'til nearly done. Clean vegetables and cut into cubes or slices. Add to barley. Cook until tender. Add milk and seasonings. Serve. This soup improves with sitting.

IRISH BLESSING

This is the blessing given on entering Bunratty Castle, Ireland, which is situated eight miles from Limerick. It was built in 1460 and is now a non-profit enterprise of the Shannon Airport Development Company.

Greeted with a platter of broken (not cut) bread pieces and a container of salt (the Christian influence of breaking bread together) a piece of bread was dipped into the salt and offered to the guest to eat. This is believed to ward off evil spirits.

Blessing was given by looking directly into face of guest:

"To wish you good health throughout your stay within these walls."

Brampton, Tuesday, May 2, 1899.

The Prohibition Committee of members of the House of Commons met on Saturday and decided to introduce a bill of prohibition to those provinces that asked for it.

CLAM CHOWDER (SALT SPRING ISLAND) - Joyce Holman

2 or 3 slices bacon, diced and fried with
1 large onion diced
Add to large pot
1 19 oz. can tomatoes
1 cup fluid such as tomato juice, vegetable stock, or clam juice
1/2 cup chopped celery 1/2 bay leaf
1/2 cup chopped green pepper a pinch of dried chillies
1 large potato, diced salt to taste

Cook until vegetables are tender. Before serving, add 1 can clams, drained, or 1 cup minced butter clams.

SICILIAN SAUSAGE SOUP

3/4 lb. sweet Italian sausage 1/4 tsp. salt
1 large onion (chopped) 1/8 tsp pepper
1 can 19 oz. Italian stewed tomatoes
2 cans 13 3/4 oz. each chicken broth or make 3-1/2 cups broth
using boullion cubes
1 basil leaf crumbled
1/2 cup Orzo (rice shaped macaroni) or 1/2 cup pearl barley

Cook sausage in large pan (remove casings from sausages) until pink colour disappears. Saute onion in same pan 'til soft. Add tomatoes, broth and basil. Bring to boil. Stir in orzo, salt and pepper. Simmer 20 mins. 'til orzo is tender. May need additional salt and pepper. A good hearty soup with hard rolls or garlic bread and salad. Tastes better the next day.

COLD ZUCCHINI SOUP - S. Cooper

6 small zucchini 1 tsp. lemon juice
2 tbls. olive oil Pinch basil
2 tbls. butter Pinch oregano
1 medium onion finely chopped Salt and pepper
1 clove garlic (crushed) 1 tbls. chopped chives
5 cups chicken stock (can use Lipton's noodle soup)

Cut unpeeled zucchini into 1" cubes. (reserve some for garnish). Sprinkle cubes with salt and place in sieve over bowl for 1/2 hour, to draw out liquid (drain). In frypan heat oil, butter; add onion and garlic and cook until soft (15 mins.). Add zucchini and cook for 5 minutes. Stir frequently. Simmer uncovered for 15 mins. Puree in blender. Add lemon juice and herbs. Refrigerate. Serves 8. Serve with a dab of sour cream or zucchini slices. May be served hot or cold.

GAZPACHO

5 tomatoes
1 English cucumber
1 large onion
1 green pepper
2 tsp. chopped garlic

1/4 cup wine vinegar
4 cups cold water
4 tsp. salt
1 tbls. tomato paste
1/4 cup olive oil

Chop all vegetables and add oil last.
Put in blender for 2 seconds.
Serve cold.

FLAMING SPINACH SALAD - Randall Longfield

1-1/2 lbs. fresh spinach
1/2 lb. bacon diced
1/2 cup red wine vinegar
3 tbls. worcestershire sauce

1 juicy lemon
1/2 cup sugar
1/4 cup cognac or brandy

Remove stems from spinach leaves and discard. Wash leaves thoroughly and pat dry. Chill in refrigerator before using. Saute bacon in chafing dish over high flame until it just begins to brown. Add vinegar, worcestershire sauce, lemon juice and sugar. Stir well until sugar is dissolved. When sauce begins to simmer, pour it over fresh spinach, holding back diced bacon pieces in pan. Toss briskly so dressing will penetrate as well as coat each leaf. Divide spinach evenly on salad plates and set aside. While chafing dish is heating and bacon pieces are browning, add cognac. Be careful to pull pan back toward you 3-8" above flame. While bacon is still flaming, ladle it evenly over individual mounds of spinach. Serve immediately. No salt or pepper.

HOT POTATO SALAD - from an American Cousin

potatoes - cooked and diced
green onions - chopped
ham - diced
cream of celery soup - undiluted
sour cream diluted with dill pickle juice

mix and reheat.

SALAD BOWL - Mrs. Anna Bodrug

Into a large container with lid, place 1 bottle of Italian dressing. Add (in bite sized pieces) 1 head cauliflower, 1 bunch broccoli, black olives, green olives, green onions, cucumber, carrots, green pepper. Shake together, keep in refrigerator. Serve with meat, cheese dishes. (Do not add radishes as they bleed colour, and lettuce wilts.)

CAESAR SALAD FOR 2

1 tbls. oil	2 tbls. lemon juice
1 clove garlic crushed	Dash worcestershire sauce
1/4 tsp. salt	1/4 cup olive oil
1/2 slice day-old bread - cubed	fresh ground black pepper
1 egg yolk at room temperature	Parmesan cheese
1 Romaine - 12 leaves washed and dried	
2 anchovy fillets, finely chopped (optional)	

Heat 1 tbls. oil and gently cook garlic stirring constantly 1 minute. Add bread cubes. Remove to paper towels and drain.

In large bowl whisk egg yolk, lemon juice, salt and worcestershire sauce. Whisk in oil gradually, beating constantly. Add Romaine lettuce, anchovies, pepper; toss. Sprinkle with parmesan and croutons.

EVERLASTING SLAW - Jean Sandusky

1 large cabbage shredded	1 tsp. salt
1 large onion shredded	1 tsp. dry mustard
4 carrots shredded	1/2 cup brown sugar
1/2 cup white vinegar	1/2 cup salad oil

Combine cabbage, onion and carrots in a large bowl. Mix vinegar, brown sugar, oil, salt and mustard in a sauce pan and heat to boiling. Cool. Pour over the cabbage mixture. Let stand, stirring occasionally for 8 hours. Store in refrigerator in a covered container. Keeps up to 8 days, tastes better each time.

Taken From -
"LADIES' INDISPENSABLE ASSISTANT"
1852

Cold Slaw

Take off seven or eight outside leaves of a cabbage, and cut off as much of the stump as can be got off; then cut the small head in two, wash it well, and cut it up very fine; put it in a dish with a pint of good vinegar and a little salt.

EGG SALAD MOULD

Soak 2 tbls. unflavoured gelatin in 1/2 cup cold water about 5 minutes. Dissolve it in the following: 1/2 cup vinegar, 1/2 cup water just brought to boiling point and let cool. Chop 6 hard boiled eggs, few sweet pickles, 2 tomatoes, parsley, salt, pepper, then stir in 1/2 cup mayonnaise. Add this to the cooled gelatin, mix well, pour into a ring mould which has been rinsed with cold water. Keep cold 'til serving time. Turn out and fill ring with a salad of salmon and celery mixed and a garnish of parsley.

FRUIT SALAD DRESSING - From an old cookbook

3 egg yolks	1 cup cream whipped
1/3 cup sugar	1/4 tsp. salt
1/3 cup vinegar	

Mix the egg yolks, sugar, salt and vinegar. Cook in a double boiler until thickened, stirring all the time. Remove from fire; when cool, add the whipped cream. Prepared mustard may be added to this dressing, using less or no sugar. It is then suitable for meat and vegetable combination salads.

FOUR BEAN SALAD

1 can red kidney beans	1 can yellow beans
1 can green beans	1 can lima beans
1/2 cup chopped celery	
1/2 cup chopped green peppers	
1/2 cup onion rings (red salad onions)	

Drain all beans, and toss all the above ingredients together in a large bowl.

Mix the following and pour over the bean mixture:

3/4 cup brown sugar	1 tsp. salt
1/2 cup wine vinegar	3/4 tsp. dry mustard
1/2 cup salad oil	

Cover and let stand in refrigerator overnight. The longer they stand, the better the flavour. Stir occasionally.

Dill was used to dull appetites when Church droned on.

Sprinkle a few chive flowers into vinegar for a colourful salad vinegar. It turns a pretty light purple. Let stand a few days in refrigerator before using.

FROM THE PERKINS BULL PAPERS, PEEL ARCHIVES

"Members of an Albion family who arrived in Canada in 1831 recalled their first crops as Indian corn, then wheat and potatoes, and later carrots, cabbage and turnip. In the early spring cow cabbage and leeks were found in the bush".

Just about the first flower of spring and a fine example of 'beauty and the beast'. Indians and others have gathered and smoked the first leaf growth, and the roots have been used to prepare 'flour'. The dried powdered root was also prepared as a wound dressing, while the root-hairs were used as a styptic and for alleviation of tooth-ache pain.

From the pioneer family to present day the wild leeks were enjoyed as an early spring delicacy from the woods.

"As kids we only took bread and butter for lunch when it was leek season. I remember once the teacher sent us all home because she couldn't stand the smell!"

Ivy Clark Waltho 1919 - 1922
S.S. #12 - one room school
1st line above Campbell's Cross
Teacher - Sadie McBride

As a teacher of the one-room school, S.S. #1, Erin in 1954-1955, Bonnie Hilson McCleave tells us her students also had leek sandwiches in the early spring.

VINEGAR'S MANY USES

Vinegar, once the humble product of wine (it's name originally meant "sour wine", from the French vin - wine and aigre - sour), has developed over the years into a separate and much used product.

Here are some cooking hints on using vinegar.

Less tender cuts of meat can be tenderized by marinating overnight in a mixture of half a cup of vinegar and one cup of beef broth.

Insect and bugs nestled in the leaves of lettuce and vegetables will come to the surface if doused in a solution of one part vinegar to five parts water.

Poached eggs will hold firm if vinegar is added to the water in which they are cooked.

If sour milk is called for in a recipe, add one teaspoon of white vinegar to one cup of sweet milk and it will sour immediately.

Adding a little vinegar to the water when boiling potatoes will keep them from turning black.

Onion and cabbage cooking odors can be prevented by boiling a cup of vinegar on the stove at the same time.

One teaspoon of vinegar and one teaspoon of soda will replace one egg when making a cake.

Vinegar is also useful in housecleaning.

Windows will shine and be streak free if washed with hot water and vinegar.

Cakes - Cookies



"La Rue Haute Morlaix". 16.5 cm x 24.5 cm, etching, by Caroline Armington, 1879 - 1939, who was born in Brampton, and became world famous. Her work is found in many museums, including the Louvre, Paris and the British Museum, London.

CINNAMON ROLLS - Caroline Smith Crawford

Roll biscuit dough to 1/2 inch thickness, in a rectangular shape. Spread with soft butter, then with brown sugar, and sprinkle with cinnamon, raisins or currants.

Roll up like a jelly roll and cut off in 3/4 inch pieces.

Set close together on well oiled pan and bake in quick oven. 450° F. - 12 to 15 mins.

Note: This recipe is 50 years old.

My Godmother Caroline Armington (see chapter heading "Cakes and Cookies) and her husband Frank were great companions and worked happily together whether on a huge masterpiece like the "Market Place" or each on etchings, watercolours or oils.

Paris was their great love and leaving France was the end of their dream and all, but Canada was home.

BRAN BANANA BREAD

1-1/4 cups undiluted evaporated milk	1/4 cup all purpose flour
1-1/2 cups all bran cereal	1 egg
2 cups buttermilk biscuit mix	1/2 cup liquid honey
3/4 cup mashed bananas (approximately 3)	
1/2 cup raisins	

Preheat oven to 350° F.

Pour milk over cereal. Let stand five minutes. Stir in biscuit mix, flour, egg, honey and bananas. Beat vigorously for 30 seconds. Stir in raisins. Pour into greased 9" x 5" loaf pan. Bake 65 to 75 mins.

Cool completely on rack. Wrap in foil and leave overnight to develop flavours.

SUBSTITUTE FOR SWEETENED CONDENSED MILK

1 cup instant dried skim milk powder	1/3 cup boiling water
3 tbs. melted butter or margarine	2/3 cup sugar
Pinch of salt	

Blend or beat well until smooth. Makes the equivalent of 1 can condensed milk.

RICE KRISPIE BALLS

3/4 cup crisco shortening	1-1/2 cup rolled oats
1/2 cup brown sugar	1/2 tsp. soda
1/2 cup white sugar	1/2 tsp. cream of tartar
1 egg	1/2 tsp. salt
3/4 cup flour	1/2 tsp. vanilla

Cream shortening. Beat in sugars, add egg and dry ingredients. Add rolled oats and vanilla. Take 1 tsp. dough and roll in rice krispies. Place on greased cookie sheet. Bake 10 mins. 350° oven.

Each fall Dr. Lotta Hitschmanova, founder and executive director of Unitarian Service Committee of Canada makes a cross Canada speaking and fund raising tour. During her visits in Toronto and area she has been guest of honor at fund raising luncheons. Underlining her belief, the menu has been kept very simple.

She is unable to tolerate a large or varied menu, especially garlic and onions. She told me last fall (1980) that her memoirs should be entitled "No Onions, Please" - this is the result of her 36 world tours to Third World Countries where the food is very unreliable.

Dr. Hitschmanova was awarded the prestigious Royal Bank Award in 1979 and was made a Companion of the Order of Canada in 1980 - Canada's highest award. She holds countless awards and honors from many countries in recognition of her work done for humanity.

PLAIN LIGHT BISCUITS - Erol Jane Welton

2 cups all purpose flour	1/2 cup shortening
1 tbsl. sugar	1 beaten egg
4 tsp. baking powder	2/3 cup milk
1/2 tsp. salt	

Sift dry ingredients. Cut in shortening. Add egg and milk beaten together. Stir until soft dough is formed. Turn out on floured board and knead gently. Cut into biscuit shape and bake at 450° F. for 10 to 14 mins. Makes 2 dozen.

P.S. At other times, I have added herbs or parsley with dried ingredients just to liven up the taste. Also great for the basis of old fashioned strawberry short cake!

Editor's note: This faithful recipe could also be changed by using: 1/4 cup of wheat germ to replace 1/4 cup of flour, or replace the milk by using apple juice or tomato juice, or add sesame seeds, or caraway seeds.

Here is a menu from "The Journals of Anne Langton, 1839".

1st course - Soup, curry, boiled pork, fried pork, ham.

2nd course - pudding and tart and biscuits.

Anne Langton's recipe for her biscuits follows:

"4 oz. of white sugar with as much water as will dissolve it, 4 oz. of clarified butter. This mixture to be poured hot upon 4 eggs, beating it up until a little cool. Throw in a few carroway seeds and stir in as much flour as will make it into a stiff paste. Roll it and fold it as often as your patience will allow you. Bake it in cakes about the thickness of 2 half crowns, which must be pricked".

EMPIRE COOKIES - Mrs. Anna Bodrug

1/2 lb. margarine (or mixed margarine and shortening)
1 egg
3 cups flour
1 cup granulated sugar

pinch salt
1 tsp. cream of tartar
1 tsp. baking soda

Cream margarine and sugar until creamy. Add egg and beat well. Sift dry ingredients and add gradually to creamed mixture. Turn out on lightly floured board. Roll and cut into rounds and bake on greased cookie sheets until nicely browned. When cool put together in two's with raspberry jam and ice with water icing and place small piece of cherry in centre.

WATER ICING

1-1/2 cups icing sugar

Add boiling water about a teaspoon at a time beating until white and smooth.

COLLEGE FUDGE BARS

1/2 cup sifted flour
1/2 tsp. baking powder
1/2 tsp. salt
1/3 cup butter
2 squares unsweetened chocolate melted

1 cup sugar
2 eggs well beaten
1/4 cup milk
1 tsp. vanilla
1 cup broken walnuts

Sift flour once, measure, add baking powder and salt, then sift together three times. Add butter to chocolate and mix well. Add sugar gradually to eggs, beating thoroughly, then add chocolate mixture and blend. Fold in flour, add milk, vanilla and nuts and mix well. Bake in a greased 8x8x2 pan in a slow oven 325° for 1 hour. Let cool and cut into bars. Frost with bittersweet frosting.

BITTERSWEET FROSTING

Melt 3 squares unsweetened chocolate in a small bowl over hot water. Cool. Bring 1/3 cup sugar and 4 tbs. water to a boil, and boil 1/2 min. Cool to lukewarm. Add gradually to chocolate, blend, cool, stir occasionally until thick enough to spread.

LOIS' HAY STACKS - Lois Russell

1 cup chocolate chips
1 cup butterscotch chips

Melt in top of double boiler, add 1 cup chow mein noodles, 1 cup nuts, pinch salt. Drop on cookie sheet to cool.

This recipe is included because at one time (1958), my husband and I were transferred to Georgetown where we lived in an apartment in a house on Maple Avenue. Our landlady gave me this recipe as it had been in her family for generations and now will probably be handed down in ours. It is an all time favorite - the recipe card is so smudged that you have to know the ingredients from memory!

KRINKLES (Oatmeal Cookies) - Erol Jane Welton

1/2 cup butter	2 cups rolled oats
1/2 cup lard	1 tsp. vanilla
1-1/2 cups brown sugar	pinch salt
1 tsp. soda dissolved in 1/4 cup boiling water	
2 cups all purpose flour	

Cream lard and butter, add sugar gradually and stir in dry ingredients. Put pieces of dough the size of a walnut on cookie sheet and press down with fork dipped in flour. Bake 10 to 12 mins. in 350° F. oven.

GREAT ROCKY ROAD BARS

1/2 cup butter	1-1/2 cups mini marshmallows
1-1/2 cup graham crumbs	1 can sw. condensed milk
2 cup Angel Flake coconut	3 squares semi-sweet chocolate,
1 cup chopped nuts	melted

9" x 13" pan. Place butter in pan and melt in oven. Sprinkle crumbs over batter. Press down with fork. Sprinkle coconut over crumbs. Add layer of nuts and marshmallows. Drizzle condensed milk evenly over top. Bake 350° for 25 to 30 minutes. Remove from oven. Drizzle chocolate.

MOCHA SNAPS (Cookies)

1/2 cup soft margarine or butter	1/2 tsp. salt
1-2/3 cup sugar	1 tbls. instant coffee powder
2 eggs	5 tbls. milk
1-1/2 tsp. vanilla	
2 (1 oz.) squares unsweetened chocolate melted	
2 cups sifted all purpose flour	
1/3 to 1/2 cup extra fine sugar	
1-1/2 tsp. baking powder	

Preheat oven to 375° F. (moderate). Grease cookie sheets. Cream margarine with sugar. Blend in egg and vanilla. Add melted cooled chocolate. Mix thoroughly. Sift together dry ingredients. Add alternately to chocolate mixture with milk. Wrap dough in wax paper. Chill dough 4 to 6 hours. Dip fingers in sugar. Form dough into small balls about 1/2" in diameter. Dip balls in extra fine sugar. Place on cookie sheets about 2" apart. Bake for 10 minutes at 375° F. Watch carefully. Yield-about 8 dozen small cookies.

CHOCOLATE CRACKLES

2 eggs
1 cup sugar
3 squares unsweetened chocolate, melted and cooled
2 cups chopped pecans salt
1/4 cup dry bread crumbs 1/4 cup icing sugar
2 tbs. flour

Mix well, chill, form into balls. Roll in icing sugar.
Bake at 325° for 12-15 minutes.

BLENDER DATE AND NUT CAKE

1 cup dates 1 egg
1 cup boiling water 1-1/2 cup flour
1 tsp. soda 1/2 tsp. salt
let cool - put in blender 1/2 cup chopped nuts

Add:

1/2 cup shortening
1 tsp. vanilla
1 cup sugar (3/4 cup is sufficient)

Mix slightly in blender.

Put in greased 9" x 13" pan, bake 350° for 25 minutes.

BRANFRUIT LOAF

1-1/2 cups All-Bran 1 cup all purpose flour
3/4 cup firmly packed brown sugar 1/2 tsp. baking powder
2 cups of raisins 1/4 tsp. salt
1-1/4 cups milk

Combine All-Bran, sugar and raisins in a large bowl.

Stir in milk and let stand 15 minutes.

Add flour mixture, mix well and pour into a greased and floured
8-1/2" x 4-1/2" loaf pan.

Bake at 350° F. about 70 minutes or until wooden pick inserted near
centre comes out clean.

Turn out on wire rack and allow to cool.

SUGGESTION

A mixture of chopped dates, apricots, glace cherries and raisins
may be used instead of just raisins.

*On July 12, the men of the Orange Lodges would hold a celebration
including a walk through the community. Some of the women
baked bread on hot stones with a fire by the roadside, using
an iron bake oven, to feed the people who came to the celebration.*

c. 1840 Peel Archives.

APPLE MUFFINS

Bake 30 mins. at 375°.

Cream together:

4 tbls. margarine

2 eggs

1/2 cup white sugar

Add without mixing:

1-1/3 cups whole wheat flour

1/4 cup wheat germ

3 tsp. baking powder

1/2 tsp. salt

1 tsp. cinnamon

3/4 cup chopped apple

1/2 cup raisins

Stir 3/4 cup milk in alternately with the rest enough to blend. Like old fashioned muffins - not too sweet and rather heavy in texture.

BANANA MUFFINS - E. Ballantyne

1/2 cup margarine

1/2 cup sugar

1 egg

1 cup mashed bananas

3 tbls. milk

1 tsp. baking powder

1 tsp. baking soda

1/2 tsp. salt

1-1/2 cups flour

Mix together quickly.

Bake in oven 350° 20 minutes. Makes 1 dozen well-filled muffins.

ORANGE DATE MUFFINS

1 whole orange

1/2 cup orange juice

1/2 cup chopped pitted dates

1 egg

1/2 cup butter

1-1/2 cups all purpose flour

1 tsp. baking soda

1 tsp. baking powder

3/4 cup sugar

1 tsp. salt

Preheat oven to 400° F. Grease muffin tins for 18 medium sized muffins. Cut orange into pieces, remove seeds and put pieces into blender or food processor. Blend until rind is finely ground. Orange juice, dates, egg and butter are then added. This mixture should again be mixed lightly. Sift flour, baking soda, baking powder, sugar and salt. Pour orange mixture over dry ingredients and stir lightly.

Greased muffin tins should be filled 2/3 full.

Baking time - 15 to 20 minutes.

FAN DALES' COOKIES

1/2 cup butter

1/2 cup lard

1 cup brown sugar

1 tsp. soda dissolved in 1/4 cup boiling water

2 cups flour

2 cups rolled oats

Cream butter and lard with sugar. Stir in soda and water, then flour, then rolled oats. Drop by teaspoonful on greased cookie sheet. Bake at 350° F. about 14 minutes. Makes 48 - 1-1/2" cookies.

CARROT CAKE

2 cups grated carrots	1-1/4 tsp. baking powder
3 eggs	1-1/4 tsp. baking soda
1 cup sugar	1-1/2 tsp. cinnamon
3/4 cup oil	1/2 tsp. salt
1-1/2 cups sifted all purpose flour	1/2 cup walnuts

Beat eggs until thick and lemon colored. Add sugar gradually and continue beating. Add oil and beat well. Sift together flour, baking powder, soda, cinnamon and salt. Chop nuts coarsely and add to flour mixture. Add flour mixture and carrots alternately to egg mixture. Mix in only until blended. Pour batter into a greased and floured 6 cup Bundt or tube pan. Gently bang on counter to release air bubbles. Bake at 325° for 1 hour.

The Conservator
Friday, May 19, 1899

Cooksville

The local trade of the village and indeed of the district is being monopolized by the R. Simpson and T. Eaton Co., Toronto. Wagons of the big departmental (stores) visit the village three times a week, to receive orders and deliver goods. It is not very encouraging to local enterprise but it is merely what is being experienced the world over. The great are devouring the small because the small do not uphold the hands of each other.



PUMPKIN WALNUT CAKE

2/3 cup broken walnuts
2 cups sifted pastry flour
3-1/2 tsp. baking powder
1/4 tsp. baking soda
1/2 tsp. salt
8 tbls. butter (1/2 cup)

1/2 cup fine granulated sugar
1 cup brown sugar
1 egg plus 1 egg yolk
1/2 cup sour milk
2 tsp. vanilla
3/4 cup canned pumpkin

Coat walnuts with part of flour. To remaining flour, add baking powder, soda and salt. Cream butter and blend in sugars. Beat eggs until light and add. Sift in dry ingredients alternately with milk. Add pumpkin, vanilla and nuts. Turn batter into greased and floured 8" square pan. Bake at 350°F. for 55 minutes. Cool, cover with desired frosting. Sprinkle with nuts.

FRESH RHUBARB CAKE

1/2 cup butter
1-1/2 cup sugar
1 egg beaten
2 cups flour
1/4 tsp. salt

1 tsp. soda
1 cup sour milk or buttermilk
2 cup diced rhubarb (floured)
1 tsp. vanilla

Cream butter, sugar; add egg. Add dry ingredients alternately with milk. Place in 9" x 13" pan. Sprinkle on topping mix - 1/2 cup sugar, 1/4 cup butter, 1 tsp. cinnamon. Bake at 350°F. for 35 to 40 minutes.

Allspice is sometimes mistakenly thought of as a blend of several different spices. Actually, it is the ground dried fruit of the evergreen pimento tree which is native to the West Indies. The name is derived from the fact that allspice seems to combine the tastes of cinnamon, nutmeg and cloves. Allspice is a favorite seasoning for vegetables, meats, spaghetti sauce, soups, cookies, puddings, fish and other dishes.

Shredded garlic mixed with honey was a remedy for colds.

When smoke comes from the kitchen chimney and drifts to the ground, wet weather can be expected.

Taking vile tasting medicine can be made bearable by placing an ice cube on the tongue a moment beforehand.

To remove garden stains from hands, add 1 tsp. of sugar to soapy lather as you wash them.

CHOCOLATE, RAISIN, WALNUT, ZUCCHINI CAKE

2-1/2 cups whole wheat flour	1 tsp. cinnamon
1/2 cup cocoa	2 cups grated zucchini
1/2 cup wheat germ	2 tsp. lemon rind
2-1/2 tsp. baking powder	1/2 cup milk
1-1/2 tsp. baking soda	1/2 cup butter
1 tsp. salt	3 eggs
1 cup brown sugar (don't reduce sugars)	1 cup raisins
1 cup white sugar	1 cup chopped walnuts

Cream butter, sugar and eggs. Put dry ingredients on top. Lightly mix in raisins, walnuts and zucchini. Then add milk, alternating mixing in whole batter. Bake at 375° for 45 mins. in a buttered and floured bundt pan.

GINGERBREAD BOYS

1 gingerbread mix
1/4 cup milk
1/4 cup salad oil or melted shortening

Add milk and shortening (or oil) to mix. Mix well. Chill until firm. Roll out 1/4" thick on a lightly floured board. Cut out with a gingerbread boy cutter. Bake at 350° for 12 minutes. Decorate with candies or confectioners frosting.



COMMON GINGERBREAD

from Catherine Parr Trail's
"The Settler's Guide 1855"

"Treacle 1-1/2 lb: seconds flour
2 lb: butter 2 oz: ginger 1 oz.:
spices 2 oz.: of pearl-ash one
desert-spoonful: mix with milk
warmed, into a dough, let it
stand till it rises, bake on
tins, and cut in squares."

Brazil
Pecan^{no} and Coconut Macaroons.
Exclusive.

2 Egg whites.
 $\frac{1}{8}$ tsp. salt
 $\frac{1}{2}$ cup. fruit sugar.
1 cup sliced nuts.
1 cup shredded coconut.
 $\frac{1}{2}$ tsp. vanilla.

Beat egg whites and salt until stiff. Add sugar gradually and beat in well. Fold in nuts and coconut. Add vanilla - drop on lightly buttered pan.

Bake at 300° about 15-18 min.

This is a page from Mary H. Beatty's beautifully written recipe book. She was a teacher at Central Public School for 40 years. Beatty-Fleming School in Brampton is named in honour of her contribution to the field of education.

Appetizers



"The Effort". Acrylic, 78.5 cm x 63.4 cm, by Adrian Dingle, 1911 - 1974, who lived in Mississauga and Caledon.

COCKTAIL PARTY - 100 people - DECEMBER 12, 1975
OFFICERS' MESS - THE LORNE SCOTS - BRAMPTON ARMOURY

SPECIAL GUESTS IN ATTENDANCE:

Mr. and Mrs. Ernest Borgnine - Star of "Shoot"
Mr. Cliff Robertson - Star of "Shoot"
Mr. and Mrs. Harvey Sherman - Producer
Mr. Tim Rouse - Director
Mr. and Mrs. Harvey Hart - Director
Col. and Mrs. J.R. Barber - Hon. Col. of the Lorne Scots
LCol. and Mrs. F.E. Ching - C.O. of the Lorne Scots
CWO and Mrs. J.H. Harrison - RSM of the Lorne Scots
CWO and Mrs. J. Sellors - Pipe Major of the Lorne Scots

Hostess for this occasion was Mary Helen Ching. Her menu and recipes follow:

Chicken Balls*
Luau Bits*
Crab Appetizers*
Cocktail Frankfurters*
Cheese Ball
Cheddar Cheese Log*
Braunschweiger Mold*
Curry Sauce for Raw Veg's*
Sweet and Sour Meatballs*

CHICKEN BALLS*

1 lb. uncooked chicken	1/2 tsp. salt
3 tbsls. chopped onions	2 tbsls. soya sauce
10 water chestnuts	1 tbsls. sherry
1 - 2-1/2 oz. can mushrooms drained	2 egg whites stiffly beaten
2 tbsls. corn starch	

Put chicken through food grinder with onion, water chestnuts and mushrooms. Add remaining ingredients. Form into small balls and fry in deep hot oil. Drain and serve warm. Yields 4 dozen.

CRAB APPETIZERS*

1 lb. crabmeat	1/4 cup melted butter
1 tbsls. grated onion	1/2 tsp. Worcestershire sauce
1/4 cup flour	1/4 tsp. salt
1 cup milk	Dash pepper
1 egg yolk beaten	3/4 cup dry bread crumbs

Saute onion in butter, blend in flour. Add milk gradually and cook until thick. Add the egg yolk and crabmeat and seasonings. Blend into a paste and cool. Shape into small balls and roll in bread crumbs. Fry in hot oil at 375° until brown. Yields 7 dozen.

LUAU BITS*

10 Water Chestnuts cut in halves	1/4 cup soya sauce
5 Chicken livers cut in quarters	2 tbls. brown sugar
10 slices bacon cut in halves	

Wrap water chestnuts and chicken liver in bacon slices and secure with a pick. Marinate in mixture of soya sauce and brown sugar for 4 hours. Broil until bacon is crisp.

COCKTAIL FRANKFURTERS*

3/4 cup prepared mustard	8-10 frankfurters
1 cup currant jelly	

Combine mustard and jelly in a chafing dish. Slice frankfurters into bite size pieces and add to above and heat through.

SWEET AND SOUR MEATBALLS

Meatballs

1 lb. ground cooked ham
1 lb. ground pork
2 cup dry bread crumbs
1 cup milk
2 eggs beaten
1 tsp. salt

Sauce

1-1/2 cup brown sugar
3/4 cup vinegar
3/4 cup water
1 tbls. dry mustard

Combine all meatball ingredients and mix thoroughly. Shape into 1" balls and place in shallow baking dish. Mix ingredients for sauce and pour over meatballs. Bake uncovered in 325° for 40 minutes. Baste often with sauce. To Serve - keep meatballs hot in sauce in chafing dish. Fasten slice of sweet gherkin to each ball with toothpicks.

BRAUNSCHWEIGER MOLD*

1/2 lb. Braunschweiger (Liver sausage)	1/2 tsp. curry
1 - 3 oz. pkg. cream cheese	1/4 tsp. salt
4 tbls. mayonnaise	1/4 tsp. black pepper
1 to 2 tbls. half and half	Pinch cayenne pepper
1 tbls. melted butter	Pinch ground nutmeg
1 tbls. dry sherry	1 tbls. Worcestershire sauce

Blend all ingredients well. Put in serving bowl. Chill. Serve with Rye bread rounds.

CURRY SAUCE FOR RAW VEGETABLES*

1/2 cup mayonnaise	1/2 tsp. tarragon
1 cup sour cream	2 tbls. grated onion
2 tbls. lemon juice	2 tsp. prepared mustard
salt and pepper	1 tbls. minced chives
1 tsp. curry	Several dashes hot pepper sauce
1/2 tsp. paprika	

Combine all ingredients and chill overnight. Use as a dip for raw vegetables.

CHEDDAR CHEESE LOG*

1 lb. Cheddar cheese	1/2 tsp. paprika
1 tbls. grated onion	1/2 cup chopped nuts
1 tsp. Worcestershire sauce	

Beat cheese until smooth and creamy. Add remaining ingredients except nuts and blend well. Shape into a roll 6" long and roll in nuts.

CORNETS OF SMOKED SALMON

2 - 7 oz. cans tuna with oil	salt
6 tbls. butter, softened	pepper
lemon juice	12 slice smoked salmon

Mash tuna and butter. Season to taste with salt, pepper and lemon juice. Put mixture in blender until well blended. Shape salmon slices into cornets and fill with tuna mixture. Serves 12.

STUFFED CELERY WITH BRANDY FILLING

2 - 8 oz. pkg. cream cheese	1 tsp. dry mustard
1/2 cup sour cream	1 tsp. paprika
1/2 cup butter softened	1 tsp. garlic salt
1 tsp. onion, minced	2 tbls. brandy

Combine cheese, sour cream and butter. Beat until smooth. Add remaining ingredients. May be refrigerated up to one week in a covered container. Stuff cleaned chilled celery with mixture.

"Rose petals make soothing lotion for inflamed eyelids and a gargle for sore throats."

"Caraway seeds were fed to lovers to keep them from straying."

STUFFED MUSHROOMS

1 lb. good sized mushrooms
1/2 lb. sausage meat
1/2 tsp. ground savory

1/4 tsp. dried sage
2 tsp. worcestershire sauce
1/4 tsp. salt

Remove stems from mushrooms. Clean the caps and dry them. Combine all the other ingredients and stuff the mushroom caps with the mixture. Bake for about 20 mins. in a 350° F. oven. Drain on paper towel before serving. Serve hot.

HAM STUFFED CHERRY TOMATOES

1/2 cup finely chopped cooked ham
1/4 cup (1 oz.) Roquefort cheese, crumbled
1/4 cup dairy sour cream
1/4 tsp. lemon juice
dash of pepper
36 cherry tomatoes

Combine ham, cheese, sour cream, lemon juice and pepper in a small bowl, blend. Refrigerate. With a sharp small knife, cut the tops off the tomatoes and scoop out the insides. Spoon about 1/2 tsp. of ham and cheese mixture into each tomato.

CARROT NIBBLERS

4 oz. cream cheese, creamed
2 tsp. chopped chives

1/2 tsp. seasoned salt
1 cup grated carrots

optional 2 tbls. crushed nut meats

Combine cheese, chives, salt (nuts) in a bowl. Place carrots on paper towels and pat dry. Drop cheese mixture by teaspoonfuls over carrots, a few at a time. Roll cheese into balls while coating them with carrots. Place in a single layer in serving dish.

PEPPY CHEESE MOUNDS

1 cup coarsely cut sharp cheese
1/2 cup margarine
1 cup rice krispies

1 cup flour
1/2 tsp. hot pepper sauce
1/8 tsp. salt

Mix all ingredients together well. Roll into balls approximately 1 - 1-1/2" size. Place on greased cookie sheet. Bake at 350° for 15 to 18 minutes. Serve hot or cold. These can be made well ahead and freeze well.

COCKTAIL PUFFS - makes about 4 dozen

1 cup water	1/2 tsp. salt
1/2 cup butter or margarine	4 eggs
1 cup bread flour (all purpose)	3 tbls. grated cheese (optional)

In a saucepan, heat water and butter to boiling point. Add all of the flour and salt at one time. Beat well until mixture comes away from the sides of the pan. Remove from heat. One at a time, beat in each egg until mixture is well blended and smooth after each addition. Beat in cheese. Drop on a greased baking sheet in small mounds the diameter of a quarter (about 1 teaspoon). Bake at 425° until puffed and golden brown. Turn off heat. Slit puffs with a knife to let out steam. Leave in oven 10 minutes more. Will keep well in refrigerator or frozen in plastic bags.

To Serve - choose one of the following:

1. Fill cavity in centre of puff with canned condensed mushroom soup. Reheat in oven. Serve piping hot.
2. Fill with a mixture of chopped, cooked chicken, mayonnaise, chopped celery, chopped ripe olives, chopped hard-boiled eggs, onion, salt. Reheat. Serve piping hot.
3. Fill with a mixture of devilled ham, chopped celery, chopped hard-boiled egg, mayonnaise, a little curry powder. Reheat and serve piping hot.



The Brampton Conservator,
Thursday, May 11, 1899.

A Sheriff's sale of town property took place Tuesday afternoon. The property was once owned by Thomas Holtby. The lots on Elizabeth Street were knocked down to R.J. McCollum for \$100 and \$36 taxes. Four acres on Main Street North brought \$180 and \$25 taxes from Wm. Fendley. About 7 acres of farm land on Vodden St. were turned over to R.W. Bull for \$100 and \$25 taxes.

SALMON BALL

1 can 7-3/4 oz. red salmon	1/4 tsp. salt
8 oz. cream cheese	1/4 tsp. tobasco
1 tbls. lemon juice	1/4 tsp. worcestershire sauce
1 tbls. grated onion	1/2 cup chopped pecans
2 tsp. horseradish	3 tbls. chopped parsley

Drain salmon and mash. Soften cheese. Mix all except last two ingredients. Shape into a mound. Combine nuts with chopped parsley and sprinkle over mound. Chill. Serve with crackers.

CHEESE BALL

6 - 3 oz. packages cream cheese, softened
1/2 lb. sharp cheese
2 tsp. grated onion
2 tsp. worcestershire sauce
2 tsp. garlic salt
Finely chopped nuts

Put all ingredients except nuts in a bowl of an electric mixer and blend well. Refrigerate until firm. Shape into a ball and roll in chopped nuts. Wrap in foil and let ripen in refrigerator for 24 hours.

COCKTAIL MEAT BALLS - I. Waltho

1 lb. ground beef
1/2 lb. ground sausage meat
1 - 12 oz. jar chili sauce (or catsup)
1 - 6 oz. jar grape jelly (or apple jelly)

Mix meats and shape into small balls. Brown on cookie sheet in 350° oven for 20 to 30 mins. Mix chili sauce and jelly in heavy saucepan. Add drained meat balls and simmer over medium heat for 2 to 3 hours until sauce is used up.

PIGS IN BLANKET - From the Watkins Cook Book, 1930.

Dry large oysters. Pin around each thin slices of bacon and fasten with toothpicks. Fry or brown in a very hot oven. (Or broil until bacon is crisp). Serve with lemon.

"Rub the hands on a stick of celery after peeling onions, and the smell will be entirely removed."

"That fresh meat, beginning to sour, will sweeten if placed out of doors in the cool air over night."

ALPINE ONION TARTS

1 package (about 11 ounces) pie crust mix
1 medium size onion, chopped (1/2 cup)
2 tbs. butter
4 eggs separated
1-1/2 cups dairy sour cream (from a 16 oz. carton)
1/2 teaspoon salt
1/8 teaspoon pepper
2 tbs. grated Parmesan cheese
1/2 pound Swiss cheese cut in 1/2" cubes
1 tbs. chopped parsley

Prepare pie crust mix, following label directions, or make pastry from your favourite two crust recipe. Roll out, half at a time, 1/8 inch thick, on a lightly floured board; cut 3 six inch rounds from each half. Fit each round into 4" tart shells, pressing pastry firmly to sides and bottom. Trim overhang to 1/2 inch; turn edge under flush with rim; flute to make stand up edge. Prick shells well all over with a fork. Bake shells in a very hot oven (450°) for 4 or 5 minutes. Remove from oven. Lower oven temperature to slow (325°).

Saute onion in butter until soft in a small frying pan; spoon into partly baked shells, dividing evenly. Beat egg yolks slightly in a medium size bowl; stir in sour cream, salt, pepper and Parmesan cheese. Set aside 18 Swiss cheese cubes and fold remaining cubes into egg mixture; spoon over onion in tart shells. Bake in slow oven (325°) for 15 minutes. While tarts bake, beat egg whites until they form soft peaks in a medium size bowl. Remove tarts from oven; spoon beaten egg whites over each, swirling with back of spoon. Top each with 3 of the saved cheese cubes. Bake in slow oven (325°) for 10 minutes or until tops are golden and cheese melts. Sprinkle with parsley.



On Sunday a cut from a sirloin,
On Monday cold ditto will do,
On Tuesday a hash, or sausage
and mash,
On Wednesday a good Irish Stew;
Don't fill up your belly with
buns, milk and jelly,
Have something with substance - do:
For trouble will fly, on a Steak
and Kid Pie,
So have Wheat everyday on your menu.

(an old London, England, song).

A pate is essentially a blend of different meats - principally liver and pork - which has been minced finely, well-seasoned and cooked slowly. Because of the high proportion of liver used, they tend to be very rich and only small portions should be allowed per person.

COUNTRY PATE

2 oz. butter	
8 oz. onion, skinned and roughly chopped	
8 oz. lean bacon, rinded and chopped	
8 oz. of pork	4 tbls. brandy
12 oz. pig's liver, diced	2 bay leaves
12 oz. stewing steak finely diced	salt and pepper
8 oz. veal diced	dash of worcestershire sauce
3 cloves garlic, skinned and crushed	bacon fat
1/4 pint (5/8 cup) red wine	1 egg beaten

Melt the butter in a large saucepan and fry the onion and bacon until they are light golden brown. Add the rest of the ingredients, except the egg, and bring to the boil. Cover the pan and simmer for 30 minutes.

Strain off the liquor and put the remainder through the mincer twice using the finest blade.

Mix thoroughly with the strained liquor and the beaten egg. Season again well. Place the mixture in a foil lined, lightly buttered 1 lb. loaf tin. Place in a roasting tin with water half way up and cook in the oven 350° F. for 1-1/2 hours.

Remove from the oven and cool. Chill for at least 12 hours before turning out and serving.

TEN MINUTE PATE

3 tbls. butter	2 tbls. cognac
1 lb. chicken livers	1/2 tsp. salt
1 small onion chopped	pinch of cinnamon
1/3 cup mayonnaise	pinch of pepper

Melt butter in a frypan. Add chicken livers and onion. Cook, stirring frequently, until just browned on outside, about 5 minutes. Turn entire contents of pan into blender container. Add remaining ingredients and blend until smooth. Chill and serve as a spread with crackers or melba toast.

Salt was sprinkled on the ground when the first sod for a new house was turned. It was believed that those who lived in the house would prosper.

SHRIMP PATE - to serve with crackers

2 - 4 oz. cans shrimp - mash 1 can
1 can tomato soup
8 oz. cream cheese
1 cup salad dressing (Miracle Whip type)
1 envelope gelatin (plain)
1/2 cup water
1 cup chopped celery
1/2 cup chopped onion
1 tsp. salt

Put gelatin in 1/2 cup water. Bring the tomato soup to a boil in a medium saucepan. Combine the soup and softened cream cheese. Add the gelatin and beat mixture until smooth. Stir in the salad dressing. Cool in refrigerator until mixture begins to gel, then add the celery, onion and both cans of shrimp. Place in a mold and chill until firm.

This recipe will make a large fish-shaped mold for a buffet table to serve with ritz crackers, or can be made in 2 smaller molds, freezing one for future use.

Advertised in The Conservator,
Friday, May 5, 1899 -

Gifford & Son's Store - successors to John Clarke

Groceries

Ginger Snaps 5¢ per lb.
Keeler Dundee Marmalade 15¢ & 25¢
3 lbs. fine Seeded Raisins 25¢
4 lbs. package Challenge Brand Corn Starch 25¢
2 cans Horseshoe Salmon 25¢
2 cans Morten's Potted Bloaters 25¢
4 cans fine sifted peas 25¢
7 bars Norse's best Soap 25¢
yellow sugar 22 lbs. for \$1.00

Liquors

Ales and porter on draft and bottle. All kinds always on hand. Try our fine Port and Sherry Wines. They are very old and pure and recommended by physicians for medicinal purposes. Also Seltzer Water, New York Gingerale, Soda Water and all summer drinks.

Cleaning

Dyeing

Chas. F. Drinkwater

Tailor and Clothier

Pressing

Phone 204

An advertisement in the book "Choice Tested Recipes" compiled by the Ladies Aid of St. Paul's Church, Brampton. 1929-30.

In the Museum's collection are many items from this business, including: tailor's hams, ironing boards, sleeve curves, a pot bellied stove for coal and wood, a set of sad irons with removable handles and a dry cleaning machine with an inner tumbling unit of cedar. Also order books, design books for tailoring, and shop display cabinets.

Vegetables



"Edge of the Woods". Pencil drawing, 31 cm x 36 cm, by Fred Haines, 1879 - 1960, who lived at Meadowvale. His work is included in the collections of the National Gallery, Ottawa, Art Gallery of Hamilton, and University of Toronto.

I HATE CARROTS

There is no escaping cooked colourful coins of carrots. They are everywhere. They have always been everywhere! As a child, I was forced to eat them because it would put roses in my cheeks and improve my eyesight. As a parent, I gave them to our children because of their great nutritional value.

We grow enough in our little patch of garden to last through to March if kept cool and dry. They will grow anywhere, even in Hornepayne!

I am resigned to finding cooked carrots for dinner at home, at my mother's, at the neighbours, at friends, at fast food outlets and at the best restaurants, and I still hate them!

GLAZED RUM CARROTS

1 lb. small carrots
salt and pepper
1 tbs. rum

2 tbs. sugar
2 tbs. butter

Peel carrots and cut into small pieces. Place carrots in water just to cover; add sugar, rum, butter and seasoning. Cook until water has evaporated, leaving carrots glazed. Serves 4 people.

CARROTS, ONIONS AND RAISINS IN WINE SAUCE

1/4 cup butter	
1 lb. carrots cut into 1" pieces	
8 oz. small white onions, peeled and left whole	
2/3 cups raisins	1 tsp. dried thyme
1 tsp. salt	1 bay leaf
1 tsp. black pepper	1/2 cup medium dry white wine
1/2 tsp. cayenne	1/4 cup heavy cream

Melt butter in a large saucepan. Add vegetables and raisins. Cook 4 minutes stirring constantly. Add seasonings and wine. Cover and simmer for 45 to 50 minutes until tender but still firm. Remove from heat - discard bay leaf. Stir in cream, warm slightly and serve immediately.

"April 13, 1877.

Flies - To prevent them from sitting on pictures, picture frames and other furniture. Soak a large bundle of leeks 4 or 5 days in a pail of water and wash the pictures etc., with it."

The unexpected can happen when this is served. Five years ago at a pool party in Brampton one of the guests beautifully attired in striped seersucker jacket, white slacks, white and navy shoes, wallet and watch walked over to the pool, without breaking stride, walked down the cement steps in the shallow end, and swam slowly to the deep end: He came out, changed, and never spoke to his host and hostess again!

RATATOUILLE NICOISE

1/2 lb. egg plant	1-1/2 cups sliced onions
1/2 lb. zucchini	2 green peppers
1 tbs. salt	2 cloves mashed garlic
1/2 cup olive oil	1 tsp. salt
	pepper
1 lb. tomatoes or 1 cup drained, canned tomatoes	
1/2 tsp oregano	
1/2 tsp. thyme	
3 tbs. minced parsley	

Peel eggplant and slice into long 3/8" thick pieces. Slice zucchini 3/8" thick. Toss in bowl with salt. Let stand 30 minutes. Drain, wipe dry. Saute in oil until lightly brown. Remove to bowl.

In same skillet cook onions and peppers slowly until soft. Stir in garlic, salt and pepper. Cover and cook 5 mins. Uncover and raise heat and boil until juice has almost gone. Add seasonings.

Spoon 1/3 tomato mixture into medium casserole. Arrange layer of eggplant and zucchini over, etc. Top with tomato mixture last. Cover and simmer over low heat for 10 minutes. Uncover, tip and baste, correct seasonings. Raise heat and simmer until juices evaporate. May be served hot or cold.

MUSHROOM-ONION FRIED RICE - Lois Russell

2 tbs. butter
1 cup minute rice
1 can (10 oz.) condensed onion soup
1 5 oz. can sliced mushrooms
1/4 tsp. salt

Melt 2 tbs. butter in saucepan. (We used the electric frypan). Add 1 cup "minute rice" and saute over medium heat until rice is golden brown. Stir once or twice. Add 1 can (10 oz.) condensed onion soup, 1/4 tsp. salt, and 1 (5 oz.) can sliced mushrooms. Bring to a boil over medium heat. Cover tightly and simmer 8 to 10 minutes or until most of the liquid is absorbed. Makes 4 servings.

MIXED VEGETABLE DISH

4 potatoes	2 tbls. butter
3 medium carrots	3 tbls. flour
3 small onions	2 cups milk (heated)
4 cups canned tomatoes	1 tsp. salt

Cut potatoes and carrots into small cubes and cook carefully in sufficient water to boil for 20 minutes.

Chop the onion fine and cook in a small amount of butter in a hot skillet, for about 5 minutes. Mix the flour to a smooth paste with a little cold milk. Add the onions and tomatoes to the drained cooked vegetables. Stir in the heated milk and salt. Add the flour paste and cook a few minutes longer to thicken. Serve hot. Makes 6 to 8 servings.

EGGPLANT PARMESAN

1 large eggplant	1/2 cup grated Parmesan cheese
3 eggs	2 tsp. oregano
1 cup dry bread crumbs	1/2 lb. sliced Mozzarella cheese
3/4 cup olive oil	3 - 8 oz. cans tomato sauce

Heat oven to 350°F. Grease 2 quart casserole. Pare eggplant. Cut into thick slices. Dip each slice into beaten eggs, then into crumbs. Saute in hot oil in skillet until golden brown on both sides. Place layer of browned eggplant in prepared casserole. Add sprinkling of Parmesan, oregano and Mozzarella. Cover with tomato sauce. Repeat layers until all eggplant is used, topping last layers of sauce with Mozzarella. Bake uncovered for 30 minutes or until sauce is bubbly and cheese is melted. Makes 4 to 6 servings.

Before the 1860's tomatoes had indeed been cultivated here, not as food but as a garden decoration, like petunias. For tomatoes had long suffered from the bad reputation of being an aphrodisiac, or worse poisonous. The change of opinion about tomatoes has definitely improved eating in Canada. The tomato probably is now our most popular vegetable.

The Dominion Cook Book compiled by Anne Clarke was published in Toronto and:
"Entered according to Act of Parliament of Canada in the year
one thousand, eight hundred and ninety-nine by Geo. G. McLeod
at the Department of Agriculture."

From the Dominion Cook Book's 301 pages of recipes and advice, we have chosen
the following vegetable dishes

TOMATOES (AU GRATIN)

Dip the tomatoes in hot water and peel them; cut them in half, and remove
the pips; rub a baking tin with garlic, butter it, lay the tomatoes in
side by side, and fill one half with the following composition: Two parts
bread crumbs, one part mushrooms finely minced, a little parsley chopped
fine; pepper and salt to taste; put a small piece of butter on each.
Bake for ten to fifteen minutes (at 350° F.) and serve.

STUFFED POTATOES

Take five potatoes of medium size, bake in their skins, and when done cut
off a small slice from one end, scoop out the inside and rub through a sieve.
Add to it half an ounce (2 tbs.) of butter, one tbs. grated cheese, pepper,
salt and the yolk of an egg. Mix well, refill the skins, fit on the slices
which were cut off, put in the oven again for 10 minutes before serving.

PEAS PARISIENNE

1 - 14 oz. can very small peas	1/2 tsp. salt
2 tbs. butter	1 tbs. sugar
3 very thin slices onion	3 tbs. boiling water
3 or 4 tender lettuce leaves, shredded	
2 sprigs of parsley or 1 tsp. dried chervil	

Drain peas. Combine peas with butter in saucepan. Add onion,
salt, sugar and boiling water. Lay shredded lettuce leaves on
top. Add parsley or chervil. Cover. Heat slowly and cook gently
until lettuce wilts and is so soft it cooks into peas. Makes
3-4 servings.

SPANISH LIMA BEANS

3/4 cup diced bacon	1 cup dried lima beans
1/2 cup chopped onion	salt, pepper, paprika
1 cup tomato soup	

Soak lima beans overnight in cold water. Drain and cook in fresh
water until tender (about 1/2 hour).
Brown bacon and onion in frypan. Add soup, beans and seasonings
to taste. Pour into greased casserole and bake uncovered for
45 minutes at 375° F.

BROCCOLI CASSEROLE

1 bunch fresh broccoli, trimmed and bottoms cut off or
1 10 oz. package frozen broccoli
3 eggs
2/3 cup milk
1-1/4 cups grated sharp cheddar cheese

Cook broccoli until tender. Drain and place in the bottom of a shallow buttered casserole. Beat eggs, add milk, cheese, seasonings and beat until thoroughly mixed. Pour over broccoli. Set baking dish in a pan in about 1 inch of water. Put in 325° oven about 25 to 30 minutes, or until top is brown and knife inserted in the custard comes out clean. May be served hot or cold or made ahead and reheated - serves 4.

BROCCOLI ITALIAN STYLE

1 bunch fresh broccoli	1/2 tsp. oregano
4 tbsls. olive oil	1/4 tsp. salt
3 tbsls. chopped onion	3 tbsls. water
1 clove garlic minced	Pinch of cayenne pepper

Wash and cut broccoli into 2 inch pieces. Heat oil, saute onion and garlic. Add broccoli and remaining ingredients. Cover and cook 10 minutes or just until tender. Serve hot.

BAKED CELERY CASSEROLE

2 cups celery cut in 1/2" pieces	
2 tbsls. butter	2 tbsls. flour
1 cup chicken broth	1/2 cup grated Parmesan cheese
1 cup milk	1/2 cup sliced almonds (blanched)

Cut up celery and blanch in boiling salted water for 8 minutes; drain and set aside. Melt butter and blend in flour. Stir over low heat until smooth. Add chicken broth and milk and cook over low heat, stirring constantly until mixture thickens. Add seasoning to taste. Combine celery and sauce in a shallow, buttered baking dish. Sprinkle with parmesan cheese and almonds. Bake at 350° for 1/2 hour or until it is heated through and brown on top. Serves 4.

TOMATO SAUCE

Peel and slice twelve tomatoes, picking out the seeds - add three powdered crackers, pepper and salt to your taste. Stew 20 minutes.

Florence Chinn is justifiably proud of being a ninth generation Canadian. She is able to trace her ancestry on her mother's side back to Guillaume Le Bellet who emigrated from Brittany to what is now Quebec City in 1685.

BAKED MASHED POTATOES - to serve with steak - F. Chinn

2 cups mashed potatoes	Salt and pepper
8 oz. cream cheese	2 tbls. flour
1 small chopped onion	

Beat the above at medium speed until well mixed. Add 2 eggs. Beat at high speed until fluffy. Top with fried onion rings. Bake at 300° F. for 35 minutes.

TURNIP-POTATO-CARROT HASH

1 large turnip	1 cup consomme
3 medium sized carrots	1/2 tsp. salt
1 large onion	1-1/2 tsp. freshly ground black pepper
3 medium potatoes	1 tbls. butter

Peel and chop vegetables and place in large saucepan. Add consomme and salt. Cook 20 to 30 minutes until tender. Mash. Add pepper. Place in large shallow baking dish, dot with butter. Bake 10 to 15 minutes until golden brown on top.

TO MAKE OVEN-BROWNE POTATOES:

Peel potatoes, pat dry with a paper towel. Place around the roast or in shallow baking pan which has a little margarine or cooking oil in bottom.

Do not roll the potatoes in cooking fats from bottom of pan but allow to stay dry for first 30 minutes of cooking. Then turn and roll in fats and continue cooking for another 30 minutes.

BAKED BEANS - with a difference

Fry together 1/2 lb. bacon diced and 3 large onions. Add 1/3 cup vinegar, 2/3 cup brown sugar and 2 tsp. mustard. Simmer for 5 minutes. Add 15 oz. can red kidney beans, 15 oz. can large lima beans, 15 oz. can chick peas and 15 oz. can baked beans. Mix beans, place in 3 quart casserole. Pour first mixture over and mix. Bake uncovered in 350° F. for 1-1/2 hours.

POTATO CAKES

2 cups grated raw potato	1-1/2 tsp. salt
2 eggs well beaten	1/8 tsp. pepper
1 tbls. grated onion	1/2 cup fine bread crumbs
1 tbls. finely cut scallion tops	1/2 tsp. baking powder

Let grated potatoes drain in sieve. Beat eggs. Combine with onions, scallion tops, salt and pepper. Mix with drained potatoes. Combine crumbs and baking powder. Stir into potato mixture. Drop from tbls. onto greased skillet. Cook over low heat until brown on one side. Turn and brown the other. Makes 12 cakes. If necessary, add more crumbs or a little flour to make the mixture the right consistency.

DILL CREAMED NEW POTATOES

1-1/2 lbs. small new potatoes	1/2 tsp. salt
1 cup commercial sour cream	1/2 tsp. dill seed

Wash, scrub and scrape potatoes or pare strip around each potato. Cook in salted boiling water about 20 minutes or until done. Drain. Combine sour cream, salt and dill seed. Pour over hot potatoes. Heat 1 or 2 minutes longer turning potatoes to coat each. Makes 4 servings.

CAULIFLOWER SUPREME

1 small head cauliflower
2/3 cup shredded process Swiss cheese
1/3 cup grated Parmesan cheese
1/4 cup seasoned bread crumbs or cracker crumbs
4 tbls. margarine melted

Cook cauliflower for 10 minutes or until crisply tender, drain. Place in a 6 cup shallow baking dish. Mix cheeses and bread crumbs in a small bowl; drizzle melted butter or margarine over top; toss lightly to mix. Sprinkle over cauliflower. Bake in a hot oven for 10 minutes or until topping is golden.

"John Sterling, the butcher in Streetsville, featured an Easter Ox during the Paschal season, and another butcher, J. Miller, advertised "Haunches, Huncks and Hancks, Steaks, Joints, Quarters and Flitches."

GLAMOURIZE WITH GARNISH.

CURRIED PEACHES

- 1 large can peach halves
- 1 doz. maraschino cherries, cut in half

Drain peaches and cherries on paper towelling. Melt together 1/2 cup brown sugar and 1/4 cup margarine in a saucepan. Add 3 tbs. curry powder. Place drained peaches upside down in greased casserole dish. Pour curry sauce over peaches and decorate with cherries. Bake for 1/2 hour at 325° F. Serve with meat or poultry.

SPICED PEACHES OR PEARS - Bobi Stanley

- | | |
|-----------------|------------------------------|
| 1/2 cup vinegar | 2 doz. whole cloves |
| 1/2 cup water | 1 small cinnamon stick |
| 2/3 cup sugar | 1 large can peaches (halves) |

Boil vinegar, water, sugar and spices until sugar is dissolved and syrup is slightly thickened. Drop peaches in and boil 2 minutes. Cool. To do two batches, remove first, do second. Return all to syrup and let cool overnight in refrigerator. Syrup may be reused several times if stored in refrigerator.

STUFFED APRICOTS

- | | |
|----------------------|------------------------|
| 12 canned apricots | 1 tbs. apricot juice |
| 3 oz. creamed cheese | 3 tbs. toasted almonds |

Stuff the drained apricots with the mixture of creamed cheese, apricot juice and almonds. Serve with chicken or use as garnish with meat platters or salad plates.

FRIED PARSLEY

Wash and dry parsley sprigs (flat-leaved Italian is best). Heat oil to a depth of two inches in a small pan and fry the parsley in hot oil (375° F. for about 5 seconds). Serve as a garnish.

"If sage prospered in the garden, it was believed the master of the house would prosper too."

"Sage is an excellent remedy for wind, colds or night sweats. Dose: make the same into a strong tea and drink a teacupful several times a day, or as an emergency may demand."

"If a bottle of the oil of pennyroyal is left uncorked in a room at night, not a mosquito, or any other bloodsucker, will be found there in the morning."

VEGETABLE FLOWERS

Pare a large carrot and turnip. Slice crosswise into slices 1/8" thick. Cut flowers using cookie and tiny hors d'oeuvres cutters. To make a centrepiece, thread green onion tops over wooden skewers. Attach desired flowers to ends of skewers. Use green onion and carrot pieces for centres.

TOMATO ROSES

Put tomato stem end down. Cut five or six petals with sharp knife, cutting through skin but not into seed pocket. Gently separate petals slightly. Season with salt and pepper. For added colour, sprinkle centre with sieved hard-cooked egg yolks. Use to garnish buffet platters or tossed salads. Tiny cherry tomato rosettes are particularly suitable to garnish individual salad servings.

TURNIP LILIES

Simple to make. Cut 2 thin crosswise pared turnip slices for each lily. Curve one slice into cone shape. Shape second slice around cone in opposite direction. Insert thin strip of carrot down centre of cone. Secure lily with wooden pick. Crisp in ice water. Rutabaga slices are a good substitute if turnip is not available.

PICKLE FANS

Slice pickle lengthwise almost to stem end, making thin slices. Spread each fan and press uncut end of pickle so fan will hold its shape.

APPLE RINGS

Pare apples, or leave peel on. With apple corer, take out core. Slice to desired thickness. Keep bright by brushing with lemon mixed with water.

FROSTED GRAPES

Combine slightly beaten egg white and a little water. Brush mixture over cluster of grapes using pastry brush. Sprinkle with granulated sugar. Dry on rack. Use as a plate garnish.

CHEESE APPLES

Moisten shredded cheese with mayonnaise or salad dressing. Roll in balls. Make an indentation in each end. Insert whole clove in one end and half a green wooden pick in other. Roll in paprika for rosy colour. You may use process cheese. Cut with melon ball cutter or form with hands.

From the Dominion Cook Book 1899

BEET ROOTS

Beet roots make a very pleasant addition to winter salad, of which they may agreeably form a full half instead of being only used to ornament it. This root is cooling, and very wholesome.

It is extremely good boiled, and sliced with a small quantity of onion; or stewed with whole onions, large or small, as follows:

Boil the beet tender with the skin on, slice it into a stewpan with a little broth, and a spoonful of vinegar; simmer till the gravy is tinged with the colour, then put it into small dish, and make a round of the button onions, first boiled till tender, take off the skin just before serving, and mind they are quite hot and clear.

Or roast three large onions, and peel off the outer skins till they look clear, and serve the beet-root stewed round them.

If the beet root is in the least broken before dressed, it parts with its colour, and looks ill.

From: - "The Cook's True Friend"

by Mrs. James McDonald, Orangeville, Ontario. 1889.

FACTS TO KNOW

"Articles worn upon the person should be washed on both sides, and special pains taken with seams and hems."

"Always prepare Sunday's dinner on Saturday, if possible, that domestics may enjoy the Sabbath day as well as yourself."

"All fish skin should be washed, dried thoroughly, cut in small bits, and put in a box or paper bag, to use in settling coffee."

Dinner



Untitled. Detail of pastel by F.A. Moon, 30 cm x 61 cm acquired in 1973.

"For a very long time oysters were a favourite food and the stores kept them by the barrelful, in cold weather (in months containing the letter "R"). Oyster Suppers were popular, particularly those put on the Orange Lodge on Guy Fawkes Day (November 5th), and plates of steaming oysters stew were followed by pies of infinite variety."

Mary Manning.

PIONEER DAYS

By the last quarter of the 19th century improved transportation had brought more variety into the diet. Oysters became a favourite delicacy and oyster suppers were held as a form of entertainment and often as money raising projects by churches, lodges, etc. even in areas far from large towns. The following oyster recipes are taken from an old cook book.

1. OYSTER STEW

Strain the juice from the oysters placed in the colander into a stew pan; let it come to a boil; remove the scum and a clear liquor will remain; turn cold water upon the oysters, and rinse thoroughly; add them to the liquor, with a cup of cream or milk, butter, salt and cayenne pepper. Have ready buttered, dice-shaped pieces of toast upon a meat dish; pour the oysters over, garnish with parsley and serve hot.

2. OYSTER SOUP

Take one quart of water, one teacup of butter; one pint of milk, two teaspoons of salt, four crackers rolled fine, and one teaspoon of pepper; bring to full boiling heat as soon as possible, then add one quart of oysters; let the whole come to boiling heat quickly and remove from the fire.

SOCIAL NOTES

"Brampton Conservator" - Friday, November 3, 1876

Mr. E.T. Hagyard, who was moving to Lexington, Ky. was given a farewell supper at Campbell's Cross and it was reported as "an excellent oyster supper."

The following is from the kitchen notebook of Miss Margaret Kirkwood, third child of Mr. and Mrs. David Kirkwood who built the house still standing at 133 Main St. S., Brampton, in 1875-76. Miss Margaret lived there from the age of about two in 1876 until 1966, two years before her death at Mrs. Bertram's nursing home on Chapel St. at the age of 93.

Miss Kirkwood was her mother's assistant throughout the latter's life, helping her to maintain a large and busy establishment. Mr. David Kirkwood became the Clerk of the County of Peel in 1876 and remained in that office until his retirement in 1918. The County Court House, now the home of the Peel Historical Society was his domain.

On a certain day of each month the County Council met and were entertained at dinner at 133 Main St. South, restaurants being unheard of at first and hotels much too public for such an august body! Because of this political-social experience Miss Margaret became an excellent cook. During the second world war when the family gathered frequently at her table in fairly large numbers she continued to produce mouth watering meals, elegantly set forth by her sister Elizabeth by then retired from teaching at the old Brampton High School on Church St. East.

These two sisters maintained an old fashioned style of life well into the second half of this century and provided stylishly for their bridge club which met for fifty years with only a slightly changing membership. Margaret's cookies and squares were as popular with these ladies, as her more hearty fare with tasty pickles and relishes .

MOCK DUCK - Hilda Kirkwood Green

Round steak in the piece. Cover with dressing of bread crumbs and sage, salt, pepper and butter. Roll up and tie. Brown the outside in hot fat on top of the stove (iron frying pan will do)

like you would for a pot roast. Cover the pan, add a little water and steam for an hour or until tender.

(Miss Margaret steamed this meat by means of a lid with a vent which fitted her pan, and it was extremely tasty and tender).

Sir Herbert Bruce (founder of Wellesley Hospital) was a frequent dinner guest in the 30's at the Hall residence at 58 Church Street, Brampton (now torn down). One of his favourite recipes, as recorded in Annie's notebook (see 1932 luncheon) was the following:

WILD DUCK a 1'ORANGE

2 oranges	
1 lemon	
1-1/2 cups water	
1/2 cup currant jelly	
1/2 cup ale, beer, or dry red wine	orange wedges
2 beef bouillon cubes	parsley
1 tbls. corn starch	
2 large or 4 small ducks halved or quartered	

Coarsely grate the orange and lemon. Juice the fruit and reserve for use later. Measure water, ale or wine (or beer) into large frying pan, add grated fruit, peel, bouillon cubes and currant jelly. Bring mixture to a gentle boil, stirring until bouillon cubes are thoroughly dissolved. Cover and simmer 30 minutes then strain and return to frying pan and add juices. Add quartered ducks and cook over low heat, basting and being assured that ducks are covered with liquid at all times. Simmer 25 to 30 minutes. Do not over-cook as duck will then tend to become tough. Remove to chafing dish. Blend corn starch with 3 tbls. water. Stir into sauce. Stir until thickened. Arrange on heated platter with orange wedges and parsley. Serve sauce in gravy boat. Wild rice or kasha are a delightful complement with this recipe. Yields 4 servings.

BEEF IMPOSSIBLE PIE

1 lb. ground beef	1-1/2 cups milk
2 medium onions	3/4 cup bisquick
1/2 tsp. salt	3 eggs
pepper	oregano and/or garlic
1 cup shredded cheese	

Grease a 10" pie plate. Brown beef and onion. Drain. Spread in pie plate and sprinkle with seasonings. Cover with shredded cheese. Beat bisquick, eggs and milk. (Mixture will be thin). Pour over other ingredients. Bake at 400° F. for 30 minutes. Let stand 10 to 15 minutes before serving.

No history of Brampton would be complete without mention of the Dale Estate and its famous autographed roses. Founded in 1860 by Harry Dale, the business expanded to produce, at its peak, twenty-five thousand orchids and fifteen million roses a year, in addition to snapdragons, carnations and others. There was a total of forty-eight acres under glass and it was the largest greenhouse in the world devoted entirely to flowers.

One special event concerning the Dale Estate occurred in the 1940's with the launching of a new rose and the promotion of a new Canadian book. The book was "The Black Rose" by Thomas Costain. Mr. Costain and his wife were invited to celebrate the naming of the spectacular new Dale rose as "The Ida Costain Rose" in honour of Mrs. Costain.

The new rose had a soft yellow blossom matched with an equally soft fragrance. Appropriately, the Costains were entertained at the Yellow Briar Inn (then located on the southwest corner of Hwy. 10 and Steeles Avenue) which got its name from "The Yellow Briar" by Patrick Slater, another Canadian book about life in Peel County in the early 1800's.

The Dale family sold their interest in the business in 1961.

BEEF ROLLS

1 lb. round steak 1/2" thick	1 cup soft bread crumbs
1/4 lb. pork sausage meat	2 tbls. chopped onion
1/2 lb. minced beef	2 tbls. chopped parsley
1/4 tsp. garlic salt (optional)	1/4 tsp. curry powder
1/8 tsp. pepper)	
1/4 cup flour)	seasoned flour
1/2 tsp. salt)	10 oz. consomme
	2 tbls. ketchup

Cut steak in 6 servings. Pound each piece until 1/4" thick. Combine sausage meat, minced beef, crumbs, onion, parsley, curry powder and garlic salt. Place 1/4 cup dressing on each piece of pounded steak, spread and roll the steak jelly-roll fashion. Fasten with skewers. Combine flour, salt and pepper. Dredge meat rolls in the seasoned flour and brown in hot oil in fry pan. Add consomme and ketchup. Cover and cook very slowly 1-1/2 to 2 hours until meat is tender. If desired, thicken the juice for gravy.

THREE EXCEPTIONAL DINNERS

Three exceptional dinners were held at Christ Church, Brampton, on April 16, 1969; September 11, 1970; and March 27, 1971. The dinners were all catered to by the Men of Christ Church, under the capable direction of Mr. V. Breen. Each menu consisted of Vern's specialty:

"Barbecued Roast Beef", with all the trimmings, tomato juice, baked potatoes, mixed vegetables, fresh fruit, with cake or pie for dessert.

There was, however, a different flavour or atmosphere at each dinner because of the outstanding nature of each guest speaker.

The 1969 dinner featured the Hon. Keith Davey, Member of the Senate, ex-football Commissioner of the Big Four and Campaign Chairman for Lester Pearson's successful campaign to be Prime Minister.

As the 1969 Dinner was so successful, and so enjoyable, it was decided to invite the ladies to the dinner of 1970, especially when the guest speaker was to be the Right Hon. John Diefenbaker, the former Prime Minister of Canada. The auditorium at Christ Church has never been as full as it was for that memorable evening. Half the legal fraternity of the area were present, along with two ex-mayors, Mr. Russell Prouse and Mrs. Nancy Horwood; the incumbent mayor Mr. James Archdekin; the Warden of Peel County, Mr. Ivor McMullen and half the Town and County Council, as well as hundreds of Mr. Diefenbaker's admirers. Premier Wm. Davis and his wife, Kathy, were present with Mr. and Mrs. G. Davis. In fact, Mr. Diefenbaker had to borrow Mr. Davis Sr.'s glasses to read quotes from his speech, as he had forgotten his own.

At the head table with the guest speaker and his wife, Olive were the Rev'd David and Edna Jones, Canon L.M. Watts and Mrs. Watts, Mayor James Archdekin and Mrs. Archdekin, Mr. Kenneth Whillans, who acted as Master of Ceremonies for the evening and his wife, Edna; Premier Davis, who introduced John Diefenbaker, and Mrs. Davis.

John, as he was affectionately known, kept the audience in stitches with his anecdotes and humour.

The third dinner, in 1971, had Pierre Berton, an author of Canadian history, a T.V. personality and radio commentator as its guest speaker. Mr. Berton spoke about the true Canadian way, the opening of the West, and why Canadians should be proud of their heritage. It was another memorable evening!

A TYPICAL BANQUET follows, as served by the ladies of the Churches, Legion, Lodges and Clubs, for the past thirty-five years, to local and visiting dignitaries alike. The ladies of the organization would plan the meal, then decide which items could be purchased and which donated. Usually the meats were purchased with all the rest being provided freely.

Meats were served hot or cold depending on the facilities available. The salads and desserts were chosen because they could be made ahead and would carry well.

Dignitaries entertained this way were:

Governor General Roland Michener by the Curling Club.
Premier William Davis has attended many of these, in particular the 100th Anniversary of the Curling Club and the 50th Anniversary of the Peel Seed Growers Co-operative.

Many varieties of cabbage salad can be made, most of them quite delicious; apple, raisin, carrot, celery, etc. were added.

MENU #1

Baked ham
Scalloped potatoes
Peas and carrots
Cabbage salad
Jellied salad
Rolls and butter
Pie and ice cream

MENU #2

Ham slices with pineapple
Scalloped potatoes
Broccoli casserole
Cabbage salad
Jellied salad
Rolls and butter
Cream pudding dessert

MENU #3

Roast turkey with stuffing
Mashed potatoes
Peas
Cabbage salad
Jellied salad
Cranberry sauce
Fruit pie and ice cream

MENU #4

Roast beef
Baked or mashed potatoes
Peas and carrots
Cabbage salad
Jellied salad
Rolls and butter
Cake or pie and ice cream

In the opinion of John Howison who travelled in Upper Canada in 1821 - "in Upper Canada the people live much better than persons of a similar class in Britain; and to have proof of this, it is only necessary to visit almost any hut in the backwoods. The interior of it seldom fails to display many substantial comforts, such as immense loaves of beautiful bread, entire pigs hanging round the chimney, dried venison, trenchers of milk, and bags of Indian corn".

from "Sketches of Upper Canada" 1821.

When the farmer's wife prepared for a threshing in the 20's and 30's it was a lot of hard work. Before electricity came to all of Peel County it meant preparing the food on hot wood stoves for days in advance. It was usually done in the full heat of summer without benefit of fans or running water. Some people used an addition to the house called a "summer kitchen". This would have screened doors and screened windows to catch the cooling breezes.

A typical threshing might go like this:

The thresher and his helper would come for breakfast - even if they just lived on the next farm!

Breakfast - hot porridge
 fried eggs and warmed-up potatoes
 a dish of applesauce or homemade fruit
 toast - tea biscuits - tea

The big meal was served at noon to between 12 and 18 hungry men. (Neighbours who had come to help). New brides learned quickly not to set the table with their best damask tablecloth.

Dinner - 20 lbs. roast beef
 mashed potatoes
 cabbage or carrots
 gravy
 bread & butter - tea biscuits
 all kinds of homemade pickles and relishes
 dessert would be several kinds of pie and
 steamed pudding with sauce
 tea

Supper - cold roast beef and cold home-cured pork
 warmed up potatoes
 pickles
 bread, butter & tea biscuits
 homemade canned fruit
 cakes, pies and tarts
 tea

January 1877, Brampton Conservator

How to make the tea go further.

A method has been discovered for making more than the usual quantity of tea from any given quantity of the leaf. The whole secret consists in steaming the leaf before steeping. By this process, it is said, 14 pints of good quality may be brewed from 1 ounce of tea.

The students in Sheridan College's Hotel and Restaurant Management Course offered the following menu in their restaurant "The Sheridan Room" at the Brampton campus.

A FALL TRIP THROUGH RURAL ONTARIO

WEDNESDAY, OCTOBER 21, 1981

Beginning with:

Simcoe County Corn and Cheddar Chowder	.85	*
Shredded Turnip and Carrot Salad		*
with Raisin Garnish and Horseradish flavoured Dressing	.65	*

Travelling along to:

Old Fashioned Roast Leg of Pork, Walnut and Apple Dressing, Homemade Apple Sauce, and Pan Gravy	4.75	*
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Today's Chef's Original Researched
Item:

Ontario Breast of Turkey Cutlet with Niagara Mixed Fruit Sauce	4.00	*
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Holland March Spinach Pie with Belleville Cheddar Cheese Sauce	2.00	*
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All Items Are Served With:

Burford Creamed Potatoes		
Breaded Huttonville Cauliflower		*
and Ontario Cornmeal Tea Biscuits		*
with Fall Honey and Maple Syrup Spread		*

As Our Journey Comes To An End:

McIntosh in a Nightgown		*
Smothered by Grimsby Brandy Sauce	1.25	*
OR		
Pumpkin Cake with Fresh Cinnamon Whipped Cream	.75	

*recipes follow - quantities may require adjustment for family sized portions.

SIMCOE COUNTY CORN AND CHEDDAR CHEESE CHOWDER*

2 onions (finely chopped)	2 lbs. whole defrosted niblet corn
1/2 lb. butter	1 tsp. curry powder
1/2 lb. flour	1/2 tsp. nutmeg
1 gallon stock (160 oz.)	1 cup shredded cheddar cheese
salt and pepper	1/2 cup whipping cream

Saute onions in butter till glossy, and add flour. Mix thoroughly. Add to stock and bring to a boil. Stir with a wire whip. Season with salt and pepper to taste, add corn and simmer one hour. Add curry powder and nutmeg. Shortly before serving add the cheddar cheese and whipping cream. Stir and serve.

(Ed.'s note: Stock may be made from:

- 1 - The water in which any and all vegetables have been cooked and saved over several days.
- 2 - or water to which chicken or beef bouillon cubes have been added.
- 3 - or a combination of the above.)

SHREDDED CARROT AND TURNIP SALAD*

Peel and shred turnips and carrots. Toss in a bowl. Drop raisins on top of each serving.

HORSERADISH DRESSING*

1 qt. (3 cups) oil
1 cup vinegar
horseradish to taste
1-1/2 tbs. salt
1/2 tsp. pepper

WALNUT AND APPLE DRESSING FOR ROAST PORK*

2 onions	1 cup crushed walnuts
1/3 lb. butter	1/2 loaf cubed bread
4 stalks celery (finely cubed)	3 whole eggs
1 apple finely chopped	1 tsp. sage
salt to taste	pepper to taste

Saute onions in butter, add celery, walnuts and apples. Saute till lightly brown. Add to bread and mix thoroughly. Combine eggs, sage and salt and pepper to taste. Mix into bread mixture by squeezing with hands for better blending. Bake in oven covered half an hour at 375°.

"What, Sir, would the people of the earth be without women? They would be scarce, Sir, almighty scarce!"

Mark Twain.

ONTARIO BREAST OF TURKEY CUTLET*

1 raw turkey breast (deboned from turkey)
cracker dust
1 egg
1 cup milk
flour

Take raw turkey breast and slice thinly. Make egg and milk mixture. Take cutlet, pat flour onto it, dunk in egg and milk mixture, then into cracker dust. Make sure all areas are covered. Repeat with each cutlet; flour, milk, cracker dust.

MIXED FRUIT SAUCE*

1 cup peaches, chopped
1 cup grapes, de-seeded
2 apples peeled and chopped
1/2 cup toasted almonds
1 quart apple juice
3 oz. corn starch
1 tsp. ginger
1/2 cup sherry

Mix 8 oz. of cold apple juice with corn starch and pour mixture into boiling left over apple juice. Bring to a boil and stir thoroughly, with a wire whip. Add ginger and sherry and fruit. Boil for 5 to 7 minutes, or until apples are tender.

SPINACH PIE MIXTURE*

2 onions (roughly chopped)
1/2 lb. butter
2 tsp. flour
3 lbs. frozen spinach
1/2 quart warm scalded milk
10 whole eggs
1/2 tsp. nutmeg
salt and pepper

Saute onions in butter until glossy. Add the flour. Take the spinach and put through a fine meat grinder. Whip together with milk, eggs, salt and pepper (to taste) and nutmeg. Blend spinach and egg mixtures together and pour into prelined (unbaked) pie shells. Bake at 350° until solidified.

(Ed.'s note: May require additional nutmeg.

Optional: grated cheese could be sprinkled on top).

BREADED HUTTONVILLE CAULIFLOWER*

1 egg
8 oz. milk
flour
breaded crumbs
cauliflower

Mix egg and milk together. Cut pre-blanchd cauliflower into rough bite-size pieces. Dip pieces into flour, egg and milk mixture, then bread crumbs. Drop into hot fat, deep fry until done.

McINTOSH IN A NIGHTGOWN*

24 medium size Ontario apples
single crust pie pastry

Clean and core apples. Roll out pastry and cut into reasonable sized squares. Sit apples in middle of square and bring corners up and pinch them together. Bake on baking sheet at 350° until done.

(Ed.'s note: suggest the addition of 2 or 3 tablespoons of brown sugar to each apple).

GRIMSBY BRANDY SAUCE*

1 quart apple juice
3 oz. corn starch
8 oz. brandy

Mix cold 8 oz. of apple juice with the corn starch and pour into boiling leftover apple juice. Bring to a boil and stir thoroughly with whip. Add brandy. Boil for 5 to 7 minutes. Place baked apples in serving dish and pour sauce over each. Serve warm.

SPINACH AND MINCED MEAT CASSEROLE - Aleda VanRyn

6 medium potatoes
1 pkg. fresh or 2 pkgs. frozen spinach
plus or minus 500 to 750 gr. lean minced beef
or left over roast, chopped
1 medium onion
1/2 cup V-8 juice or similiar juice
100 gr. margarine (2 tbls.)
4 large slices mozzarella cheese
salt and pepper and your favourite spice

Boil potatoes in water and salt as usual. Melt spinach until soft and chop up. In frying pan, melt margarine and saute onion, add minced beef or chopped roast and brown; when done add juice and spices (mace or maggi). In large casserole, layer meat, potatoes (mashed if preferred), spinach; alternate until all gone. Pour left over sauce on top and finish with mozzarella cheese on top. Keep cool in refrigerator and next day heat in 350 F. oven for one hour. Serve with fresh greens and tossed salad. Serves 6.

"A bunch of rosemary was considered an acceptable New Year's gift."

BARN RAISING - From the "Story of Albion" by Esther Hayes

It was an unwritten law that the farmer whose barn had been newly raised, would return his share of work, day for day, when any one of the hundred or so neighbours who helped him called a barn raising bee of his own.

During his own barn raising he was expected to invite all hands to supper and a dance. A typical menu for meals served after early barn raisings would be - big roasts of pork or of venison and sometimes, bear, partridge, quail and fish in season, with turnips and potatoes for vegetables; delicious homemade bread and buns, with maple syrup; pies and puddings galore. Raisings usually ended up with a dance, with a right smart fiddle player often being the whole orchestra.

SPICY GLAZED PORK ROAST

4 to 5 lb. boneless rolled pork loin roast	1/2 cup apple jelly
1/2 tsp. salt	1/2 cup ketchup
1 small clove garlic, minced	1 tbls. vinegar
1/2 tsp. chili powder	1/2 tsp. chili powder

Heat oven to 325°F. Place pork, fat side up, on a rack in a shallow roasting pan. Combine the garlic, 1/2 tsp. salt and 1/2 tsp. chili powder, and rub into roast. Roast for 1/2 hour per pound (2 to 2-1/2 hours).

Glaze

Meanwhile, combine the jelly, ketchup, vinegar and the rest of the chili powder in a small saucepan and heat to boiling. Reduce heat and simmer 2 minutes. Brush roast with glaze and continue roasting for 15 minutes. Let stand for about 10 minutes before serving. Make a gravy with the pan drippings and about 1 cup of water to serve with the meat.

HUNGARIAN CABBAGE ROLLS

3 lb. hamburger	1 tbls. salt
1 lb. ground pork	pepper
1 cup rice	1 chopped green pepper
1/2 tsp. paprika	1 chopped onion

Mix the meats and brown. Add remaining ingredients. Blanch cabbage leaves until tender enough to roll. Put 2 tbls. (more or less if preferred) into each cabbage leaf. Wrap and place in casserole. Add 1 quart tomatoes or juice, 1 quart saurkraut and 1 tsp. sugar. Cover and bake slowly for 2 to 3 hours.

OCTOBER STEW

1-1/2 lbs. beef in large cubes	2 cloves garlic
1-1/2 lbs. lamb shoulder cubed	4 cups mixed vegetable juice
3 tbls. flour	1 1" piece stick cinnamon
2 tsp. salt	1 medium eggplant
1/2 tsp. pepper	4 medium carrots, quartered
1/4 tsp. ground ginger	4 stalks celery in 3" pieces
3 tbls. olive oil	8 large prunes, dried
1 large onion chopped	8 large apricots, dried

Trim all fat from meat. Put flour, salt, pepper and ginger in a bag. Add meat cubes and shake to coat evenly. Brown quickly in oil in a large heavy pot. Stir in onions, garlic, vegetable juice and cinnamon. Add eggplant, carrots and celery. Cover and simmer one hour. Then remove the cinnamon stick. Meanwhile, split and pit prunes. Stuff each with an apricot half. Lay on top of stew. Cover and simmer another hour or until meat is tender.

BEEF BOURGUIGNON

2 lbs. boneless beef (Rump or Chuck)	
3 tbls. olive oil, salad oil or shortening	
1 clove garlic, finely chopped	1/2 cup coarsely chopped onions
2 cups Burgundy	1 tbls. tomato paste
1 small bay leaf	a pinch of black pepper
1-1/2 tsp. salt	18 medium-sized mushrooms
3 stalks parsley	2 tbls. butter
2 strips bacon	1 tbls. flour

Cut beef into one inch cubes and brown on all sides in hot oil or shortening. Add salt, pepper, tomato paste and garlic. Add wine and enough water to cover meat, along with bay leaf and chopped parsley. Cooking time about 1-1/2 hours.

To garnish, dice bacon and fry briefly, then fry onions and mushrooms, add to the meat and cook until meat is tender. Mix one tbls. flour and two tbls. butter and thicken sauce. Makes 6 servings.

HAM STEAKS PLUS

1 or 2 ham steaks - 1" thick	2 tsp. worcestershire sauce
1 can (12 oz.) Apricot Nectar	2 tsp. brown sugar

Score steaks - fat edge. Place in a shallow pan (oven-proof). Combine nectar, sauce and sugar. Pour over ham. Reserve 1/2 for basting. Bake 45 minutes at 350°F. Baste as you like - occasionally. Serve with baked potatoes and tossed salad.

ORANGE WALNUT CHICKEN - Very delicious, lovely for company

3 tsp. salt
2 tbls. curry powder
8 chicken breasts
2/3 cup butter melted
4 tsp. grated orange rind
1-1/2 cups orange juice
2 cups pineapple tidbits with juice
2/3 cup walnuts
1 cup raisins
1/2 tsp. cinnamon
1/4 tsp. allspice
4 oranges peeled and sliced
2 tbls. flour
1/4 cup water
2 tsp. soya sauce

Preheat oven to 400°F. Mix salt and curry powder and rub into chicken. Dip seasoned chicken into butter and place skin side down, uncovered baking pan. Bake 10 minutes. Turn and bake another 10 minutes.

SAUCE

Combine orange peel, juice and pineapple, walnuts, raisins, and spices. Bring to boil. Reduce oven temp. to 375°F. Pour sauce over and bake 30 minutes longer. When done, combine the pan juices with flour, water and soya sauce. Bring to boil stirring 2 minutes. Pour over chicken, garnish with orange slices.

TO PREPARE THIS A DAY AHEAD

After baking for 30 minutes, drain off liquid and combine with flour and soya sauce mixture and refrigerate. Next day, bring sauce to boil, stirring 2 minutes. Pour over chicken. Garnish. Reheat at 325°F. for 20 to 30 minutes.

CHINESE PORK AND GINGER

1 - 6 lb. pork shoulder roast	4 slices preserved ginger
2 cups water	4 scallions
1/4 cup sherry	1 tbls. sugar
1 cup soya sauce	

Place meat in heavy saucepan with water. Turn heat high. When water boils, add sherry and soya sauce, ginger and scallions. Cover, lower heat and cook 1 hour. Turn meat and cook another hour. Turn meat again, add sugar and cook 30 minutes. Serve with rice.

This recipe fell out of the library book, "The Snare of the Hunter" by Helen MacInnes. Both are recommended:

CHICKEN BAKE

6 half chicken breasts (boned)
6 oz. pkg. long grain and wild rice combined
1/4 cup butter 10-1/2 oz. cream of chicken soup
3/4 cup sautern a little pimento for colour
1/2 cup celery 1/4 tsp. thyme
1/2 cup mushrooms

Brown chicken slowly in butter. Prepare rice as directed. Place into 1-1/2 quart casserole. Add chicken, skin side up. Add soup to drippings. Slowly add sauterne, stir til smooth. Add remaining ingredients, bring to boil. Pour over chicken. Cover and bake at 350°F. for 25 minutes. Uncover and bake 15 to 20 minutes til tender.

MUSTARD CHICKEN

1 chicken, 3-1/2 lbs., cut in serving pieces
1 jar (3-1/2 oz.) Dijon mustard
1-1/2 cups chicken broth
pepper
1 cup sour cream
1 cup rice or fine noodles

Coat chicken pieces on all sides with mustard and let stand several hours. Sprinkle with pepper only. Place in a heavy casserole with a tight fitting lid. Add 1/2 cup chicken broth. Bake at 350°F. for 45 mins. or until done, basting occasionally. Stir in sour cream. Reheat for 1 to 2 mins. - do not boil. Cook rice or noodles in remaineng chicken broth. Drain and serve with chicken pieces covered with sauce.
(Parmesan cheese garnish - optional).

BARBECUED SPARE RIBS

1 lemon sliced	1 tsp. salt
1 large onion	2 dashes tabasco
1 cup ketchup	2 cups water
1/3 cup worcestershire sauce	1 tsp. sugar
1 tsp. chili powder	about 4 lbs. spare ribs.

Cook for 2 hours at 325°F.

Marigold petals, washed, dried and powdered can be used like saffron, i.e. a pinch in soups or stews.

STEAK AND KIDNEY PIE

1-1/2 lbs. stew beef
1 beef kidney - wash, remove membrane and chop into 1/2" pieces
1 large onion
water
pastry or tea biscuit topping
salt and pepper

Brown stew beef in a little oil. Add 1 or 2 tbls. flour, brown. Gradually add water, a little at a time until flour bubbles. Add kidney and onion and water to cover. Simmer one hour. Pour into large casserole dish and add pastry or tea biscuit topping. Bake in oven 375° F. for 30 minutes.

TERRIYAKI STEAK (Flank Steak Marinated) - L. Russell

Flank steak unscored. Marinate several hours or over night in the following sauce in bowl, in refrigerator.

MARINADE

3/4 cup cooking oil	2 tsp. chopped green onion
1/4 cup soya sauce	1 clove garlic
1/4 cup honey	1 tsp. ginger
2 tsp. vinegar	

Broil 5 minutes on each side. Serve with mushrooms fried rice and salad.

FLANK STEAK a la NIPPONESE - B. Stanley

Marinade for 2 lbs. meat (for smaller steak, prepare half a recipe)
2 tbls. molasses
2/3 cup soya sauce
1/4 cup salad oil
2 tsp. powdered ginger
2 tsp. powdered mustard
1/4 tsp. MSG
large pinch garlic powder
enough hot water to make 1-1/2 cups marinade

Prepare marinade, put in glass baking pan, and let steak stand in it for 2 to 3 hours at room temperature, turning occasionally. Broil to desired doneness, then slice steak in strips, diagonally across grain. Serve with boiled, buttered rice and a green salad. Serves 3 to 6 people depending on size of steak. Left overs can be lightly sauted and served with fried eggs for a special breakfast.

DAY AHEAD MAIN COURSE - Our kids favourite dish (serves 6 to 8 persons) - Aleda VanRyn

LASAGNE

12 lasagne noodles
500 gr. cottage cheese
500 gr. mozzarella cheese
100 gr. parmesan cheese
500 gr. minced beef or pork and beef
5 fresh or 1 large can tomatoes
6 oz. tomato paste or 12 oz. tomato sauce
200 gr. pepperoni
2 eggs, 1 tsp. oregano (bit of chillies optional)
1 green pepper plus 200 gr. mushrooms
1 medium onion plus 2 small garlic crushed
1 tbs. cooking oil
salt to taste

In large frying pan, heat oil. Saute garlic and onion; add green pepper, cut in thin slices; add meat and brown. Add tomatoes, let simmer 15 minutes. Add mushrooms, tomato paste and water if too thick. Simmer another 15 minutes, add oregano and chillies (taste for salt).

While the above is simmering, cook lasagne as directed on package. In medium bowl, beat 2 eggs, add cottage cheese and parmesan cheese. Let stand. Cut pepperoni in thin slices and also slice mozzarella cheese if bought by the pieces. In lasagne pan, place first meat sauce, layer noodles (4), cottage cheese mix, noodles (4), pepperoni slices, meat sauce, noodles (4), rest of meat sauce and top with mozzarella cheese. Cool in refrigerator. Heat in 350° F. oven for one hour. Onion bread and green salad go well with this meal.



Perkins Bull papers, Peel Archives.

Wild pigeons were plentiful; they would be seen in flocks in the fields in fall. Joseph Lindsey of Albion Township once saw a flock of pigeons in the bush and shot fourteen with one shot. He brought them home and cooked them in soup.

STUFFING - Gordon Rayner Sr.

The "Stuffing" that dreams are made of - the only difference in this "stuffing recipe" from most others is the buttering and toasting of the bread and the use of raw onion (not sauteed). I usually make a lot of buttered bread into croutons for freezing in margarine tubs. Spices and onions are not added till the time of use as they lose flavour in the freezing.

Method

Toast sliced bread on a cookie sheet under the broiler, watch carefully, as it burns fast. Spread with margarine or preferably butter while still hot. Slice into roughly 'quarter inch' sized croutons then freeze if desired for future use. For immediate use, place in a large mixing bowl. Add enough finely chopped onions to suit (I like a lot!).

Toss and add salt, pepper, thyme, savory and sage to taste. Chopped celery or apples may be added if on hand.

The stuffing is just moist, if you prefer a wetter stuffing, add water or chicken soup. I heat my stuffing in a pan with a foil cover. If you prefer, stuff the poultry or pork in a pan, heat only for a half hour.

CHICKEN OR SHRIMP CURRY - Lois Russell

1 small onion, chopped
1 small apple, peeled and chopped
2 tsp. butter
1 can cream of chicken soup
2 tsp. curry powder
1/4 tsp. salt
2 cups cooked chicken in bite size pieces or cooked deveined shrimp
3 cups hot cooked rice

Pan fry onion and apple in butter until soft and lightly coloured. Stir in chicken soup, curry powder and salt. Heat gently until smooth. Add chicken or shrimp. Heat. Serve on bed of hot rice. Makes 4 servings.

An hour lost in the morning has to be chased all day.

"The Indians used to come around to the homes and would trade venison for a couple loaves of bread.

Peel Archives."

FILLET OF SOLE WITH SHRIMP SAUCE - B. Shaw

2 pkgs. of frozen sole (2 lbs.)
salt and pepper
2 tbs. finely chopped onion
3/4 cup dry white wine
4 tbs. margarine
1-1/2 tbs. flour
1 cup milk
1 can medium or small shrimp (drained and rinsed)
chopped parsley

Heat oven to 325°F. Butter a shallow 2 quart baking dish. Separate fillets and arrange in the dish. Sprinkle fish lightly with salt and pepper. Sprinkle chopped onion evenly over fish. Pour wine over fish and bake uncovered 10 to 15 minutes until fish is easily flaked. While fish is cooking, melt butter in saucepan over low heat and blend in flour. Remove saucepan from heat. Add milk stirring until smooth. Return to heat and cook until thickened. Add shrimp. Pour sauce over fish and serve.

DUCK STUFFING - a tasty change

3 cups bread crumbs
1/4 cup melted fat
1 tsp. salt
1 cup apples, pared, cut in eighths and stewed in a little sugar syrup
few grains pepper
1/2 cup soaked stewed, and stoned prunes
1/2 cup nut meats



*From the Perkins Bull papers,
Peel Archives*

There weren't many different kinds of fruit in the early days in Peel, possibly a few wild berries. Apples were grown quite early and a popular gathering was the paring bee. The men peeled the apples, (probably using a peeling machine), and the women cored them and strung them on twine with a needle and hung them on nails in the beams to dry. They were used for pies when fruit was scarce in late winter and early spring.

LASAGNE CASSEROLE

1 lb. hamburger
2 cans tomato paste
2 French's Italian Style Spaghetti Sauce Mix
Lasagne noodles (1 lb. box is more than enough)
8 oz. Mozzarella cheese shredded
1 lb. cottage cheese
1/2 cup grated Parmesan cheese

Fry crumbled hamburger. Prepare the two packages of spaghetti sauce mix as directed with the tomato paste. (Use only 3 cups of water). Add the hamburger to the sauce and simmer while cooking the noodles. Cook the noodles about 15 minutes in boiling water, then drain. Fill a big buttered casserole with alternate layers of the noodles, mozzarella cheese, cottage cheese, tomato-meat sauce, and Parmesan, ending with a layer of sauce and Parmesan. (It makes 3 layers). Bake uncovered at 375°F. for 20 minutes. When cool store in refrigerator over night. When ready to use place in a cold oven, turn the heat to 350°F. and bake 30 to 45 minutes or until hot clear through. May be frozen after initial cooking. Remove from freezer, thaw, then heat to 350°F.

VEAL AND HAM PIE

1 lb. boned leg or shoulder of veal
1/2 lb. ham thinly sliced
3 hard cooked eggs sliced lengthwise
3 tbs. parsley
1 tsp. salt
dash of pepper
1/4 tsp. each of rosemary, marjoram and thyme
12/ cup beef bouillon
crust for one 9" pie

Pound the veal as thin as possible. Trim fat from ham slices, arrange layers of veal, ham and egg in a pie shell, sprinkling the mixed herbs and spices on each layer. Pour the bouillon over the completed layers and top with pastry. Seal well, making several slits to let the steam escape. Bake 15 minutes in a 425°F. oven to brown pastry. Cover pie with heavy foil and reduce oven heat to 350°F. Bake 1 hour longer. Cook, wrap with foil or plastic wrap and chill at least 3 hours before serving.

BRAMPTON CONSERVATOR

Friday, October 13, 1876.

HOW TO MAKE SAUSAGES

The Germantown Telegraph gives the following recipe for making sausages:

"Having first procured a good machine (which will cost but a few dollars) for cutting sausage meat collect you meat containing about 1/2 fat as taken from the hog; see that it is free from bone, sinew gristle, etc., wash in tepid water, but do not soak it; then to every 20 pounds of chopped meat, add 4 ounces of sage, 10 ounces of salt, 1-3/4 ounces black pepper, 4 heaping teaspoons red pepper and an ordinary tablespoon of saltpeter. As there is no standard of tastes, some may think the seasoning too high and the others the ingredients too few. Everyone therefore should, to secure his own taste, try it before using the recipe upon too large a scale, this sausage is improved by age; put in casings and smoke moderately, those desiring more flavour of sage and less pepper, can take to every 20 pounds of meat, 10 ounces of salt, 8 ounces of sage and tablespoonful of black pepper. Stir well with the hand, and pack in tin pans; when full, dip a cloth the size of the top of the can in melted lard, and spread over the pans; then turn them together and remove to a cool place."



Peel pioneers probably ate small game as frequently as possible and had their own ways of preparing it. In case you ever want to cook a beaver, here is a modern recipe that was sent to us. Carol Macpherson of Winnipeg, Man. served this dish on Thanksgiving, 1981.

BEAVER CASSEROLE

1 beaver haunch

Place meat in bowl with 1/2 cup white vinegar and enough water to cover completely. Soak for 2 days in refrigerator. Remove meat and rinse in cold water. Place in covered roasting pan and add 1/2 cup chicken stock (Beef bouillion cubes are okay) and roast for 3 hours at 300° F. Remove and cool meat. Remove meat from bone, watching to remove any fat deposits (they taste terrible!!). Put meat in covered casserole with some thyme, garlic powder, salt, pepper (all to taste). Add one small can of tomato sauce. Bake at 300° F. for one hour.

This recipe can be done in stages as the meat flavours nicely over a few days.

*To well dried rose petals and
sweet basil add dried mint and
ground cloves. Mix well and stuff
a small pillow to induce fragrant dreams.*

Dessert



Untitled, unsigned. Watercolour, 75 cm x 60 cm, attributed to Harley Parker - a gift of Mrs. D. Hoover.

Among the Museum's collection of artifacts and now placed for use in the Gallery is the fine old cedar chest that belonged to

Lucy Maud Montgomery, 1874 to 1942.

This well known author of "Anne of Green Gables" and many other books lived for several years during the Depression in Norval as the wife of Presbyterian minister, Reverend Ewan MacDonald. She wrote the first "Anne" book in 1904 and the last of the series in 1939.

Some residents of that community still recall the family and the following anecdote is related: Lucy Maud liked to write in her bedroom in the afternoons. When their two boys, Stuart (now a doctor) and Chester (now a lawyer) came home from school they were not allowed to disturb her. If they needed her attention they were permitted to slide a note under the door and she would deal with it at dinnertime!

TRIFLE (without fruit)

4 egg yolks	sliced almonds
2 cups milk	seedless raspberry jam
1 tbls. custard powder	icing sugar
1/3 cup sugar	1/2 frozen layer cake - 8"
1 tbls. vanilla	1/2 cup sherry
1/2 pt. whipping cream	

Use one layer of cake and slice it across to make 2 layers. Soak each layer with sherry. Spread each layer with jam.

Custard

Heat milk and sugar in top double boiler, bring to a boil. Beat egg yolks and add a little of the hot mixture, then mix together, plus custard powder.

Assemble cake layer, half the custard, cake layer, half the custard. Cool. Whipped cream. Decorate with toasted almonds stood on edges.

AMAZING COCONUT PIE (Blender)

2 cups milk	1/4 cup butter or margarine (less)
3/4 cup sugar	1-1/2 tsp. vanilla
1/2 cup biscuit mix	1 cup angel flake coconut
4 eggs	

Combine milk, sugar, biscuit mix, eggs, butter, vanilla in blender. Cover and blend on low for 3 mins. Pour into large greased 10 inch pie pan. Let stand for 5 minutes. Sprinkle with coconut. Bake at 350° F. for 40 minutes.

On May 28, 1934, the Dionne Quintuplets were born. The world was astounded and delighted with the news of the birth and the survival of the five baby girls. Dr. Allan Roy Dafoe was the doctor who delivered the babies and kept them alive. They were the first quintuplets in the world to survive. Dr. Dafoe became a celebrity, along with the little girls.

Dr. Dafoe was a classmate of Dr. William Brydon, and visited with the Brydon family at 249 Main St. North, Brampton, to attend a class reunion. The household was a full and busy one where good food was appreciated and he was delighted with the warmth of hospitality and the attention from all, the two family dogs and cats included.

At the time of the visit one of the family favourites served and enthusiastically received by Dr. Dafoe was Lemon Cake Pie.

LEMON CAKE PIE

1 cup sugar	1/4 tsp. salt
3 tbs. flour	3 tbs. lemon juice
2 egg yolks	1 tbs. melted butter
1 cup milk	2 egg whites (beat well and fold in last)

Line plate with pastry and pour in filling. Bake in medium oven.

Florence Chinn's sister, Doreen Lee of Peterborough, was nurse to the Dionne Quints from 1940, and remained with them until Dr. Dafoe terminated his guardianship. She later married and raised five children of her own. One of the family recipes she served was Candy Cake.

CANDY CAKE

Melt together 1/2 cup butter or margarine and 1 cup brown sugar. Add a pinch of soda and 1/2 tsp. vanilla. Stir in 2 cups oatmeal. Bake in 325°F. oven for 15 minutes. Cut in squares while still warm.

GLAZED STRAWBERRY PIE

1 baked pie shell	1/2 cup water
3 cups whole strawberries	2-1/2 tbs. corn starch
1/2 pint whipping cream	1 cup white sugar

Combine 1 cup crushed strawberries, 1 cup white sugar, 2-1/2 tbs. corn starch. Bring to a boil and simmer 5 mins. Add 1 tbs. butter. Cool slightly. Mix in 2 cups of hulled, washed, drained strawberries, (whole or extra large berries sliced). Pour into baked pie shell. Chill. Serve with whipped cream.

In the late 1930's my family moved to a brand new papermill town on Quebec's north shore - Baie Comeau. There were no sidewalks but I remember there being lots of sand in which to play. I don't remember any stores, at first. We used to go down to the "Trader Boat" to buy fresh fruits and vegetables. We even bought coconuts. Most families bought their groceries by the case load and barrel load. So as young children we all had a great time playing "store" with the family's provisions.

Family traditions took shape. Nearly everyone had a maid or two. My mother still did much of the cooking and when visitors came to town we entertained.

I wanted to give you the recipe for Paradise Pudding but must have thrown it out during my purge of fattening foods. It had almonds, cherries, coconut, pineapple, cream, etc. But here is one which we always had after a "heavy" meal especially at Christmas, my sister in Ottawa carries on this tradition - I don't because my husband, who specializes in nutrition for ruminant animals, can't stand gelatine.

SNOW PUDDING - Erol Jane Welton

2 tbls. (2 envelopes) unflavoured gelatine
1/2 cup cold water
2 cups hot water
1-1/2 cups sugar
1/2 cup lemon juice
3 stiffly beaten egg whites

Soften gelatine in cold water; dissolve in hot water. Add sugar and stir until dissolved. Add lemon juice. Chill until partially set and then beat until frothy. Fold in egg whites - pour into 1 quart mold. Chill until firm. Unmold and serve with custard sauce. Makes 6 to 8 servings.

CUSTARD SAUCE

3 beaten egg yolks
dash salt
1/4 cup sugar
2 cups milk scalded
1 tsp. vanilla

Combine beaten egg yolks, salt and sugar. Gradually stir in scalded milk. Cook in double boiler over hot water until mixture coats spoon, stirring constantly. Remove from heat and add vanilla.

Blanc-Mange

Take half an ounce of Iceland moss, and one quart of new milk. Simmer them together until they become a jelly. Add half a tea-cup of rose water, let them scald half an hour and strain.

PERFECT PUMPKIN PIE - Barbara Kee

Preheat oven to 450°F.

Prepare a 9" or 10" pastry shell - do not prick - do not cook.

Beat together 2 eggs, 1/2 cup milk and 1/2 cup cream, 1 can (1-1/2 cups) pumpkin, and 1/2 tsp. salt. Mix together 1-1/3 cups lightly packed brown sugar, 1 tsp. cinnamon, 1/2 tsp. ginger, 1/2 tsp. nutmeg, and 1/4 tsp. cloves. Add above to pumpkin mixture and pour into shell. Bake at 450°F. for 10 minutes. Reduce heat to 350°F. and bake 45 to 50 minutes until almost set.

A favourite recipe in the farm kitchen, at threshing time is still popular today.

RAISIN PIE - Makes 2 - 8" pies

Put 2 cups raisins in saucepan. Cover with water and heat. Sweeten to taste. Thicken with Bird's Eye or Harry Hornes' custard powder, diluted in cold water, (as you would for corn starch). Add 1 tsp. or more cinnamon.

Use your favourite pastry recipe for top and bottom crusts. Cook 425°F. for 10 minutes to set pastry and then 30 minutes at 375°F. or until lightly brown.

RHUBARB MERINGUE PIE - Aunt Bea's recipe

2 cupfuls diced rhubarb	1/4 cup sugar
3/4 cup sugar	2 tbs. flour
1 cup milk	1/4 tsp. salt
2 eggs	1 tsp. lemon juice
2 egg whites)	pastry
4 tbs. sugar) for meringue	1/4 tsp. vanilla

Line a medium pie plate with pastry, having a fluted edge. Stew the rhubarb with 3/4 cups sugar until soft. Cool. Add 1 cupful milk and 2 eggs beaten with 1/4 cup sugar, 2 tbs. flour and 1/4 tsp. salt. Add lemon juice and pour into pastry lined pie plate. Bake at 450°F. for 10 minutes. Reduce heat to 325°F. and bake for another 25 minutes. While pie is cooling a little, make the meringue.

Meringue - beat 2 egg whites until foamy and add 1/4 tsp. cream of tartar. Beat until stiff. Add 4 tbs. sugar and 1/4 tsp. vanilla and beat a little more.

Cover pie with meringue. Brown in a 300°F. oven for 15 minutes.

PEACH (FRESH) COBBLER - with cinnamon (other fruits may be used such as canned peaches. Apricots are particularly good.) Lenore Kummell

4 cups peeled sliced fresh peaches
2 tbls. lemon juice
3/4 cup sugar
2 tbls. flour
1/4 cup melted butter

1/4 tsp. salt
2 cups biscuit mix
1 tsp. cinnamon

Combine peaches, lemon juice, 1/2 cup sugar, flour, with 1 tbls. of the butter and salt. Place in deep baking dish. Prepare biscuit mix, roll out 1/3" thick and spread with remaining butter. Sprinkle with remaining sugar. Roll up like jelly roll. Cut in 1" slices and arrange on peach mixture. Bake in hot oven 40 to 50 minutes.

BLUEBERRY PUDDING - L. Kummel

1/4 cup shortening
1/2 cup sugar
1 egg
1 cup flour sifted

1/4 tsp. salt
1-1/2 tsp. baking powder
1/3 cup milk

Blueberry Mixture

1 pint blueberries, fresh or frozen
1/2 cup sugar
2 tbls. flour

2 tbls. butter
1 tsp. lemon juice

Cream shortening, sugar, then beaten egg. Add flour alternately with milk. Place in baking dish. Mix blueberries and lemon juice and place on top of above mixture. Mix together flour and butter. Place on top of berries. Bake moderate oven for 45 minutes. Serve hot with whipped cream.

ORANGES POACHED IN WINE - Betty Shaw

Wash 6 seedless oranges and peel them carefully. Be sure to scrape all white membrane from orange and from the inside of the peel. Cut the peel into long shreds, place in a saucepan, with water to cover and boil 10 minutes. Drain and keep the peel. Put 2 cups of dry red wine into a saucepan large enough to hold the peeled oranges. Add 1-1/4 cups sugar and boil the wine and sugar together for 5 minutes. Then add the oranges and simmer, uncovered until the syrup is thick and the oranges have turned rosy red. Place oranges in a serving dish. Add the reserved peel to the syrup in the saucepan and simmer for a few minutes. Pour the syrup and rind over the oranges in the serving dish, cover and refrigerate for several hours before serving.

LEMON CHIFFON DESSERT - Lois Russell

A quick dessert for warm day of summer.

1 pkg. lemon flavoured jelly powder (3 oz.)
1-1/2 cup boiling water
3/4 cup sugar
grated rind of 1 lemon
1 cup evaporated milk
Juice of one lemon

Dissolve lemon jelly powder in boiling water. Add sugar and dissolve. Add lemon juice and grated rind. Cool until mixture begins to thicken. Chill evaporated milk thoroughly. Set in ice cube tray til ice crystals are well formed. Chill bowl and beaters. When gelatine mixture is partially thickened, whip evaporated milk until stiff. Add gelatine mixture and beat 3 or 4 mins. Pour into serving bowl or sherbet glasses.

Could also be used to fill a baked pastry shell or graham pastry crust.

LEMON SYLLABUB

(syllabub was said to be a favourite dessert of both George III and his granddaughter, Queen Victoria).

Peel of one lemon, thinly cut (outer skin only)

1 cup cream sherry	1/3 cup lemon juice
1 cup madeira wine	3/4 cup sugar
4 cups whipping cream	nutmeg

Soak lemon peel in sherry and madeira for at least one hour. Whip cream until it just begins to hold its shape. Remove peel and discard. Gradually beat wine, lemon juice and sugar into cream until mixture thickens. Pour into parfait or sherbet glasses and sprinkle with nutmeg. Serves 8 people.

MAMA'S APPLE PUDDING - Bobbi Stanley

4 to 6 large tart apples, peeled and sliced	1 tsp. baking powder
1 cup sugar	1 tbls. butter
1 cup flour	3/4 cup water
	cinnamon

Put apples in large baking pan, sprinkle with cinnamon. Mix other ingredients and pour over apples. Bake at 400° F. for about 50 minutes or until crisp around edges. Serve with milk or ice cream.

MAPLE MOUSSE - Barbara Kee

1 tbls. gelatine	1/4 cup cold water
3 eggs separated	1/2 pint whipping cream
1 cup maple syrup	

Beat egg yolks and syrup and cook in double boiler about 10 minutes, stirring. Add gelatine which has been softened in the 1/4 cup of water and cook 2 or 3 mins. or until gelatine is thoroughly dissolved. Remove from heat and place in cold water to cool but do not let it set or it will be lumpy. Fold the mixture in with the stiffly beaten egg whites. Then add stiffly beaten cream and mix gently but thoroughly. Pour into bowl or mould and refrigerate several hours or overnight. Serves 8 to 10.

You may line the bowl first with lady fingers. Garnish with walnuts.

ORANGE SHERBET SALAD OR DESSERT

3 pkgs. (3 oz. each orange flavoured gelatine)
2-1/2 cups boiling water
3 cans (11 oz. each) mandarin orange sections, drained, liquid reserved
1 pint orange sherbet
3 bananas

Takes about 50 minutes to set before adding bananas and oranges.

Dissolve the gelatine in the boiling water. Add 1-1/2 cups of the drained orange liquid to the gelatine. Stir in the sherbet until dissolved and refrigerate until partially set. Peel and slice the bananas and add to the thickened gelatine along with the drained oranges. Pour into a 6 cup mould and chill until set. Makes 6 to 8 servings.

CREME CARAMEL (DESSERT) - Lois Russell

3/4 cup sugar or 175 ml. sugar
2 cups milk or 500 ml. milk
5 eggs
1 tsp. vanilla or 5 ml vanilla

Heat 1/2 cup (125 ml) of sugar in small frypan. Cook and stir over medium heat until it forms a light brown syrup. Divide syrup among six 6 oz. (150 ml) custard cups. Scald milk. Beat eggs with remaining 1/4 cup (50 ml) sugar and vanilla. Gradually stir in milk. Pour mixture through a fine sieve and divide among prepared custard cups. Place cups in a shallow pan. Pour hot water to within 1/2" (12 mm) of the tops of the cups. Bake in preheated 300° F. (150° C) oven for 40 to 45 minutes or until a knife inserted in the centre comes out clean. Cool. Then chill several hours or overnight. To serve loosen edges with a spatula and turn out onto individual serving dishes. Makes 6 servings.

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a book of recipes
compiled to raise money
for the Women's Association
of Grace United Church,
Brampton. It is undated -
but presumed to have been
printed in the '30's.

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Christmas



"Christine as a Child". Pencil and conte, 25.5 cm x 30.5 cm, by Georges Chavignaud, 1865 - 1944, who lived periodically at Meadowvale. His work is included in the collections of the National Gallery, Ottawa and the Art Gallery of Ontario.

CHRISTMAS AROUND THE WORLD - Bill Barber, Director.

Since 1976, the Peel Museum and Art Gallery has presented a series of exhibitions entitled, "Christmas Around the World". Volunteers, regular staff and summer students build mannequins representing gift bearers from many countries. Display cases contain scenes depicting a variety of Christmas customs.

Early exhibitions concentrated on specific countries such as Germany, England and France. Later shows outlined customs found in Southern and Eastern Europe. Current displays portray exciting customs from many parts of the world.

Each year, several thousand school children tour the Museum and Art Gallery to see this special exhibition.

NORWEGIAN FRUIT PRAWN COCKTAIL - (Uncooked)

1/4 to 1/3 lb. fresh peeled or frozen prawns	1/4 tsp. paprika
1/2 canteloupe or honey dew melon	5 tbs. mayonnaise
1-1/2 tbs. cream	salt
1/2 to 3/4 tsp. curry powder	sprigs of dill or mint

If the prawns are frozen, allow them to thaw thoroughly. Reserve four good ones for garnish. Cut the flesh of the melon into balls or small chunks and reserve four of these also. Beat the cream, mayonnaise and spices together and add salt to taste. Turn prawns and melon into four shallow cocktail glasses and spoon sauce over. Garnish with the reserved prawns and melon and a sprig of dill or mint leaves.

RABBIT PIE - Traditionally served Christmas Eve in Newfoundland - W. Hynes

Fry diced slices of salt pork until brown. Brown rabbit pieces in above. Add water to cover. Stew 1 to 2 hours.

Cube 2 cups turnip, add to pot and cook 20 minutes. Cube 1 cup carrots, add and cook additional 20 minutes. Hastily add 1 cup cubed potato. Cook until done. Thicken with flour and water. Season with pepper. Cover bottom of roast pan with pie crust - add rabbit and vegetables. Cover with pastry - bake 425° F. for 15 minutes; 375° F. for 30 minutes.

TOURTIERE - Quebec Meat Pie

This is said to have been such a favourite with Lester Pearson when he was Prime Minister that he liked the cooks to bake a big one, to assure there being some left over the next day.

1-1/2 lbs. lean minced pork	1-1/2 tsp. thyme
1/2 lb. minced beef	1/2 tsp. powdered sage
1 col	1/2 tsp. dry mustard
1 clove garlic crushed	1/8 tsp. cloves
1 tsp. salt	1 can (10 oz.) consomme, undiluted
	1 large cooked potato, mashed

Mix all ingredients except potato together and bring to boil. Simmer, uncovered, for 30 minutes, stirring as necessary. Remove from heat and mix in mashed potato.

INDIVIDUAL CRAB QUICHE - (France)

A cheese custard with seafood flavour!

8 (4 inch) unbaked tart shells
1-1/2 cups shredded Canadian made natural Swiss cheese
1 tbls. flour
1 tbls. finely chopped onion
1 tbls. finely chopped celery
1 tbls. chopped parsley
1 (approx. 5 oz.) can crab meat, drained and flaked
3 eggs
1/2 tsp. salt
1/2 pint (1-1/4 cups) light cream

Preheat oven to 350°F. Toss cheese with flour; add and mix in onion, celery, parsley and crabmeat. Beat eggs and salt slightly; stir in cream and cheese mixture. Pour into tart shells. Bake in pre-heated oven 25 to 30 mins. or until a knife inserted slightly off centre comes out clean. Cool 5 minutes. Serve hot. Makes 8 servings.

Friday, May 12, 1899, Optical

T.E. Luke, Opt. Dr., proprietor of the Toronto Optical Parlors, will be at R. Blain's hardware store next to the Post Office, Brampton, on Monday, May 22nd. Those wishing to benefit from his visit and secure proper spectacles should come as early in the day as possible as Mr. Luke can only stay one day. Testing free.

ROTKOHL - Austrian Red Cabbage

1-1/2 lb. red cabbage	freshly ground black pepper
1 medium cooking apple	1/2 tsp. caraway seeds
1 medium onion, sliced thinly	3 cloves
1 tbs. brown sugar	
2 tbs. lard	
2/3 cup red wine	
5 tbs. water	
1 tsp. salt	

Quarter cabbage and cut out the core. Shred cabbage finely. Peel, core and chop the apple. Fry the onion and sugar in the lard until the onion is a golden brown. Add all the other ingredients. Cover and simmer for 40 to 45 minutes, stirring occasionally.

SCOTCH SHORTBREAD - Hilda Kirkwood Green

Recommended.

Beat 1 lb. of butter and 1 tbs. of lard to a soft cream. Add 9 oz. of brown sugar slowly. (make sure the sugar has no lumps). Then add 2 lbs. of flour. Roll this out about 3/4" thick. Cut the dough in small squares and bake in a moderate oven (325°F.) until light brown. Make half of this recipe for a small family.

(This recipe assumes some experience in mixing the dough).

AUSTRALIAN CHRISTMAS PUDDING

10 oz. mixed dried fruit	2 cups water
3/4 tsp. allspice	2/3 cups orange juice
1/4 tsp. ground ginger	2 envelopes unflavoured gelatine
1/4 tsp. nutmeg	1/2 cup chopped mixed candied peel
1/4 cup sugar	3 tbs. sherry
1 tbs. chocolate drink powder	1 cup whipping cream (optional)
(such as Quick)	Toasted almonds (optional)

Turn the fruit with the spices, sugar and chocolate powder into a saucepan with the water and orange juice. Bring to a boil and boil for 4 or 5 minutes until the fruit is soft and plump. Remove and stir in the gelatine which has been dissolved in a little very hot water. Mix in the chopped peel and sherry and turn into a ring mould rinsed in cold water. Allow to set. Serve with centre filled with whipped cream and decorated with toasted almonds or sprigs of holly.

Christine Chavignaud recalls her father Georges (see chapter heading "Christmas") travelled a great deal in search of subjects to paint but always returned to Meadowvale until he considered it home.

When her father was a young man he emigrated from France to the United States and stayed with family friends. It was here that he first tasted strawberry shortcake. She says her mother, who was a very good cook, could never make a strawberry shortcake as good as that first one he remembered.

CORNISH HENS - Christine Chavignaud

6 hens (Halved if desired)	1/4 cup butter
salt and pepper	1/4 cup frozen orange juice
1 can whole cranberries	2 tsp. grated orange rind

Sprinkle inside of hens with salt and pepper. Spread with butter. Place in shallow pan without a rack. Bake 35 minutes at 450°F. without covering.

Sauce

Heat cranberries, butter, orange juice and rind. Reduce heat to 350°F. for birds. Pour sauce over them and bake another 30 minutes. Baste occasionally. Serve sauce as gravy.

FRESH CRANBERRY SALAD

1/2 pkg. fresh cranberries, washed and chopped	
1 raspberry jello	1/2 cup chopped apple
juice and pulp of 1 orange	1/2 cup chopped celery
chopped rind of half only	1/2 cup chopped walnuts

Dissolve jello in 1-1/2 cups hot water. When partially set, add all ingredients. Turn into mould.

MAKE AHEAD LEMON SWEET POTATOES

In a large bowl combine 4 lbs. sweet potatoes, cooked, peeled and mashed, 3 tbs. lemon juice, 1 tsp. salt. Beat in 1/4 cup softened butter, 2 egg yolks, and salt and pepper to taste. Transfer to a buttered 1-1/2 quart casserole, top with lemon slices and brush with melted butter. (See note). Bake at 325°F. for 45 minutes or until heated through.

Note: When baking with Make Ahead Turkey, cover casserole, refrigerate. Next day, uncover and bake at 300°F. for 1-1/2 hours.

MAKE AHEAD TURKEY AND STUFFING

Cook turkey as usual, remove from pan and make gravy. Remove stuffing from turkey. Place in an oven-proof dish, spread a little gravy on top, cool, then cover tightly with plastic wrap and refrigerate. Carve turkey. Put a layer of gravy on bottom of an oven-proof dish (or roasting pan), place carved turkey on top, then a thin layer of gravy. Cover tightly with plastic wrap and refrigerate. Refrigerate remaining gravy. Next day, remove plastic wrap from dishes. Cover tightly with aluminum foil. Heat in a slow oven at 300°F. for 1-1/2 hours. Heat gravy on top of stove.

MAKE AHEAD MASHED POTATO AND ONION

In a large bowl combine 4 lbs. of potatoes, peeled, cooked and mashed, 1/2 cup of heavy cream, 1/4 cup grated onion and 1 tsp. salt. Beat in 1/2 cup softened butter, 2 eggs and salt and white pepper to taste. Transfer mixture to a buttered 1-1/2 quart casserole, top with onion slices and brush with melted butter. (See note). Bake casserole in a 325°F. oven for 45 minutes or until golden and heated through.

Note: When baking in conjunction with Make Ahead Turkey, cover casserole, refrigerate until next day, then uncover and bake at 300°F. for 1-1/2 hours.



Friday, December 29, 1876,
The Brampton Conservator

Christmas Day was observed as usual by the holdings of services in the churches; by the giving of goods and bountiful dinners to the inmates of the various charitable institutions of the city, and by matinee performances at the theater. Opinions vary as to the rights and wrongs of this latter.

My Grandmother's BRANDY SAUCE for Christmas Pudding -
Janet McCluskey

1/4 cup softened butter
1 cup powdered sugar
1 wine glass brandy
whites of 2 eggs, stiffly beaten

Beat butter to cream, add sugar gradually and beat until very light. Beat in brandy, then fold in egg whites. Heap on a dish, and set on ice to harden. With modern refrigeration, it is difficult to equate temperature of a block of ice in an ice-box. I personally find the freezer temperature more satisfactory than that of the refrigerator. (Don't be alarmed if it separates - just mix again).

VEGETABLE PLUM PUDDING - Mrs. Mary Pengilley

Traditionally served at Christmas.

1 cup grated raw carrots	Mix 2 cups flour with 1 cup
1 cup grated raw potatoes	of sugar
1 cup chopped beef suet	1 tsp. salt
1 cup chopped walnut meats	1 tsp. cinnamon
	1 tsp. soda
	1/2 tsp. cloves

Add the vegetables and 1 cup seeded raisins to the flour. Mix well and stir in 2 beaten eggs and turn into a greased mould. Allow room for the pudding to swell. Cover. Top with greased paper wedging down tightly so no water can seep in. Set in a kettle of boiling water and boil steadily for three hours. Serve hot with hard sauce or Brandy Sauce.

HOLIDAY APPLE DUMPLINGS

Make enough pastry to roll into 12-6" squares. Sprinkle each square with 1 tsp. grated cheddar. Peel and core 12 apples and place on squares. Fill the centre of each apple with 1 tbs. mincemeat, 1 tsp. rum, a dot of butter and 1 tsp. sugar. Fold dough diagonally over the apple and press together at the top. Mix together 1/4 cup cream, 1/4 cup brown sugar, grated rind of 1/2 lemon. Brush this mixture on dumplings and cover the top with a piece of aluminum foil to prevent dough getting too brown and bake at 400°F. for 30 minutes, then remove foil, brush top with mixture again and bake for 12 more minutes.

Serve warm with cream or cream to which a little sugar and rum has been added.

SARAH GRAYDON'S WEDDING CAKE - Miss E. Hoople, Streetsville

Sarah (Sally) Graydon who later became Mrs. Joseph Fulton, was the daughter of Wm. Graydon Sr. of Streetsville who brought his family over from Ireland about 1841 when Sally was around three years old. The mother of this family died when Sally was only twelve and from then on Sally had to be the homemaker.

She was an enterprising young lady who not only established her own school of dressmaking but also became famous throughout the district for the marvellous wedding cakes she made and decorated. Her recipe for these cakes she left to her daughter, Mrs. R.A. Lundy, and this recipe is still in use in Streetsville today.

Here is Sally's recipe:

1 lb. butter	2 lbs. currants
10 eggs	2 lbs. raisins
1-1/2 light brown sugar lbs.	1 level tsp. baking powder
1/2 lb. lemon peel	2 level tsp. cream of tartar
1/4 lb. orange peel	1 tsp. each cinnamon, cloves, nutmeg
1/4 lb. citron peel	About 5 cups of flour
1/2 lb. almonds	

"One of the many weddings at which Sarah Graydon's cake was served was that of Mary Rutledge and James Dandie who were married in Streetsville on Christmas Day in 1900."

BRAZIL-NUT YULE CAKE

Good from the minute it's made - no aging required!

1-1/4 cups sifted all-purpose flour	2-1/4 cups candied cherries
3/4 tsp. baking powder	1/2 cup soft butter
1/4 tsp. salt	3/4 cup sugar
3 cups shelled whole Brazil nuts	3 eggs
4 rings candied pineapple, cubed	1 tsp. vanilla
	1 tsp. almond extract

Preheat oven to 300°F. Line a 9x5 inch loaf pan with greased brown paper. Sift together the flour, baking powder and salt. Add and mix in nuts, pineapple and cherries. Cream butter; gradually beat in sugar. Add eggs, one at a time, beating well after each addition.

Add vanilla and almond extract. Fold in fruit-flour mixture. Turn batter into prepared pan, pressing down. Bake in preheated oven 1-3/4 to 2 hours. Cool 20 minutes in pan on wire rack. Remove from pan, peel off paper. Cool completely on rack. Makes a 9x5 inch loaf.

The well known Canadian Artist Joyce Wieland was the recent guest of honour at a special presentation sponsored by the Zonta Club of Brampton-Caledon. The event was held at the Brampton Golf Club which included dinner and a slide presentation narrated by Ms. Wieland. On display, and available for sale, were posters from, "The Far Shore", and prints from her recent series on the arctic.

The following Christmas recipe is taken from the Zonta Club recipe booklet.

CHOCOLATE CHERRIES (UNBAKED)

7 doz. maraschino cherries
1 lb. graham wafers, finely rolled (30 double wafers)
desiccated coconut
4 squares unsweetened chocolate (melted)
2-2/3 cups (2-15 oz. cans) sweetened condensed milk

Blend well together the graham wafer crumbs, melted chocolate and sweetened condensed milk. Chill. Form small balls from chocolate dough, pressing a cherry in centre of each, so chocolate dough covers cherry. Roll in coconut (or nuts). Store in fridge. Makes about 70.

CREME DE MENTHE CAKE - Mildred Patterson of Zonta Club

1 baked angelfood cake
3 pints vanilla ice cream
1 pint whipped cream (or chocolate sauce)
1 cup Cremed
1 cup Creme de Menthe (real or imitation)

Rub brown from cake with your hand. Slice cake in 3 layers. Tear smallest layer into pieces and put into an angel cake pan. (Spring form pan is better). Cover with 1 pint softened ice cream. Pour 1/3 cup creme de menthe over ice cream. Repeat for other two layers. Return to freezer, covered. When ready to use unmold to a plate and cover with whipped cream, or serve plain slices and pour hot chocolate sauce over each. Can be made 2 or 3 weeks ahead. Cut into 12 or 14 pieces. (Will serve more when people are watching the calories).

PEANUT BUTTER SWEETIES

1/2 cup margarine
1 cup peanut butter
1 large pkg. butterscotch chipits or 2 cups carob chips

Melt together in top of double boiler. Cool, then add 3 cups of mini marshmallows. Press into a greased 9" square pan. Refrigerate.

CHRISTMAS ICEBOX COOKIES (makes 5 dozen)

2/3 cups butter	1/3 cup finely chopped glace cherries
1/2 cup brown sugar	2 cups sifted bread flour
1/2 cup white sugar	1/2 tsp. baking soda
1 egg beaten	1/4 tsp. salt
1/3 cup finely chopped nuts	

Beat butter or margarine until fluffy. Add vanilla. Gradually blend in sugars, beating until fluffy.

Add egg and beat well. Then stir in nuts and cherries.

Add sifted dry ingredients and combine thoroughly. Chill 1 hour.

Shape in 2 inch rolls and wrap in waxed paper. Chill overnight or at least 8 hours. Slice and bake.

It is handy to have a couple of rolls of these in the refrigerator the Christmas season. They can also be frozen.

CRANBERRY CHRISTMAS SQUARES

2 cups fresh or frozen whole cranberries	
3/4 cup raisins, dates (mixed)	3/4 cup brown sugar
1 cup water	1/2 tsp. salt
2 cups sugar	1 cup all purpose flour
1-1/2 cup oatmeal	3/4 cup butter
1/4 cup mixed nuts (no peanuts)	1/2 tsp. baking powder

Orange juice to hold together

Simmer first four ingredients 'til berries pop and raisins plump. Cool. Blend remaining ingredients. Grease 9" x 13" pan. Press 1/2 of the remaining ingredients mixture into bottom. Carefully add first ingredients. Top with remaining mixture. Press lightly. Bake at 375° F. for 20 minutes. Serve alone or with ice cream.

RASPBERRY COCONUT BARS - (11" x 7" pan)

1-1/4 cup flour	2 tbs. brandy or milk
1/2 tsp. salt	3/4 cup thick raspberry jam
3/4 cup sugar	2 eggs
1 tsp. baking powder	2 tsp. vanilla
1/2 cup butter	6 tbs. melted butter
1 egg yolk	2-1/2 cups flaked coconut

Sift flour, salt, 1 tsp. sugar and baking powder. Blend in butter, egg yolk and brandy. Pat into buttered pan. Spread with jam. Beat eggs until thick, add sugar, vanilla and melted butter and coconut. Spoon over jam. Bake 350° F. for 35 minutes. Cool.

EGGNOG PIE

A heavenly dessert for holiday entertaining.

Baked 9" pie shell

1 envelope unflavoured gelatine
3 tbls. cold water
2 cups commercially prepared eggnog
1 cup heavy cream, whipped
1/4 cup sugar
1/4 tsp. salt
2 tbls. vanilla or 1 tsp. rum flavouring
1/2 tsp. almond extract

Soften gelatine in cold water. Warm eggnog in saucepan over direct heat; stir in the softened gelatine and continue heating until completely dissolved. Chill until partially set, then beat until smooth. Into stiffly whipped cream, beat sugar, salt and flavourings; fold into eggnog mixture. Pour into baked pie shell. Chill 2 to 4 hours. Garnish with grated nutmeg, toasted almonds, shredded coconut or holly clusters made from cut up cherries and angelica.

MINCEMEAT MALLO CHEESECAKE

"A Christmas Treat"

1 cup vanilla wafer crumbs	1/3 cup orange juice
1/4 cup butter melted	2 - 8 oz. pkg. cream cheese softened
1-3/4 cup mincemeat	2 tsp. grated orange rind
4 cups miniature marshmallows	1/2 pint heavy cream, whipped

Combine crumbs and butter. Press into bottom of a 9" spring pan. Bake at 350°F. for 10 minutes. Cool. Spread mincemeat over crust. Melt marshmallows with orange juice in double boiler. Stir until smooth. Chill until thickened. Combine softened cream cheese and orange rind, beat until well blended and fluffy. Whip in marshmallow mixture and fold in whipped cream. Pour over mincemeat. Chill until firm. Garnish with additional mincemeat and candied fruit to form wreath. Makes 10 to 12 servings.

MINT SNOWBALLS - I. Waltho

1/2 cup icing sugar	1/2 tsp. peppermint extract
1/2 cup butter	2 cups all purpose flour
1/2 cup shortening	1/2 tsp. salt

Mix well, shape dough into 1" balls and place on ungreased cookie sheet. Bake 400°F. for 8 to 10 minutes. Cool. Ice with thin pink or green coloured icing. Dip top in flaked coconut.

RASPBERRY FLAMBE

1 - 15 oz. pkg. frozen raspberries, thawed
2 tbls. sugar
1-1/2 tbls. corn starch
2 cups well drained canned peaches
1/4 cup Kirsch
vanilla ice cream

Puree raspberries in blender; press through a sieve; discard seeds. Combine sugar and corn starch in a sauce pan. Stir in raspberry puree. Cook over medium heat, stirring constantly, until smoothly thickened and mixture comes to a boil. Cover and continue cooking over low heat 2 or 3 minutes, stirring occasionally. Add peaches and heat through. Pour Kirsch into centre of fruit and heat undisturbed until warmed through. Carefully light with a match. Stir gently. Spoon flaming sauce over vanilla ice cream.

SUGARPLUMS

Good old fashioned pecan fudge!

3 cups lightly packed brown sugar	1/4 cup soft butter
1 cup dairy sour cream	1 tsp. vanilla
pinch of salt	1 cup chopped pecans
	24 pecan halves

Butter an 8 inch square pan. Combine sugar, sour cream and salt in a large saucepan. Bring to a full boil over medium heat, stirring until sugar dissolves. Continue boiling, without stirring until mixture reaches 240° F. on a candy thermometer or until it forms a soft ball when dropped in cold water. Remove from heat; add butter and vanilla. Cool slightly. Beat until mixture just begins to thicken and loses its gloss. Add chopped nuts. Pour into prepared pan. Mark into 24 squares; press a pecan half into each square. Cool completely. Makes 2 dozen pieces.

FRUIT CAKE BALLS

1/2 cup butter	1 tsp. cinnamon
1/2 cup honey	1/2 tsp. allspice
1 tsp. vanilla	1 cup chopped nuts
2 tbls. brandy or orange juice	4 oz. chopped candied fruit (about 3/4 cup)
3 cups graham wafer crumbs	4 oz. chopped candied pineapple
grated peel from one orange	4 oz. chopped candied cherries
1/2 tsp. salt	1/2 cup raisins

Shape into balls. Store in covered container. Refrigerate with wax paper between layers. These balls may also be rolled in sugar or packed flat in a greased 9" x 9" pan.

IRISH CREAM - Millie Erickson

1 tsp. instant coffee	3 eggs
1 tbls. chocolate syrup (or "Quick")	1 can condensed milk
1 tsp. vanilla	12 oz. rye whiskey or scotch

Mix in blender for 12 seconds. Add one pint whipping cream. Blend for 30 more seconds. Serve by itself; on ice; in coffee or tea. Keeps in refrigerator 3-4 weeks. Makes 2 - 26's.

A nice change from eggnog!

CHRISTMAS PUNCH

Use equal quantities of Mogan David wine and Cranberry Cocktail and double the amount of ginger ale.

MOTHER-IN-LAW'S SMOOTHIE

12 egg yolks beaten
3 cups icing sugar

Blend, then add slowly;

1 - 26 oz. alcohol (alcohol)
1 finely chopped vanilla bean (available at Health food specialty stores)

Blend and filter (a nylon stocking will do). Makes 2 bottles. Refrigerate.

COFFEE LIQUEUR

2 cups boiling water	5 tbls. Camp coffee essence
3 cups sugar (brown or white)	1 tbls. vanilla

Bring the first three ingredients to a boil. Remove from heat, cool. Add vanilla and 1 26 oz. bottle of LCBO Alcohol alcohol.

ALMOND LIQUEUR

3 cups brown sugar
1-1/3 cups water
3 tbls. pure almond extract

Bring above to a slow boil over medium high heat, then boil approximately ten minutes. Place pan in cold water, and stir until lukewarm. Add 1-26 oz. bottle LCBO Alcohol alcohol and bottle for at least 24 hours.

CHRISTMAS CORDIAL - Pat Wilson

Make in late summer when black currants are available.

2 - 26 oz. bottles Rye Whiskey

Divide into 3 - 26 oz. bottles and add to each 1/2 cup granulated sugar, 2/3 cup black currants. Shake occasionally. Makes 3 - 26 oz. bottles.

Notes: This should be served over crushed ice in a clear stem glass as it is a beautiful ruby colour. One to two ounces (depending on your guest) as it is "straight" or "strong, pure liquor". I have strained this into smaller bottles and given as gifts. Today, of course, it is quite an investment with the price of rye.

SAVORY PARTY DIP - Life of the trim-the-tree Party!

1 (4 oz.) package soft cream cheese
1 cup mayonnaise or salad dressing
1/2 cup plain yogurt
2 tbs. vinegar
1/3 cup chopped parsley
3 tbs. finely chopped green onion
1 tbs. finely chopped anchovies or anchovy paste
1/4 tsp. tarragon
pinch of salt

Cream the cheese. Gradually beat in remaining ingredients. Chill several hours to blend flavours. Serve with chips or fresh sliced vegetables. Makes about 2 cups.

*From the Brampton Conservator
Friday, May 5, 1899.*

"A.N. Broddy, the tax collector, was in Orangeville yesterday. Some years ago Alex was a resident of that place. He says the evidences of drunkenness are not so great, even on fair day, as they were formerly on ordinary occasions. Orangeville is evidently sobering up."

ROAST TURKEY - Brampton Conservator, December 29, 1876.

The bird should be well singed and freed from "pin feathers" and thoroughly drawn by opening one side just below the breast bone. Be sure to take everything out that is inside, not forgetting the parts lying between the ribs or "the soul". Wipe dry, after washing well in cold water. Then dip the turkey 2 seconds into boiling water and immediately 2 seconds into ice water. This will give it a very plump appearance. Cut the neck off close to the body, leave the skin longer, draw it up over the neck and tie; also tie the legs close to their side, having cut off the first joint. Fasten the wings to the side with fine skewers having cut off the pinions. Put the gizzard, liver, heart and neck, to boil in a quart of water. Allow 2-1/4 hours to roast a turkey weighing 10 pounds. If it is an ancient specimen, boil it one hour or more before roasting. Baste with salt and water once, then cover with lumps of butter and afterwards baste with the drippings. When nearly done, dredge well with flour and baste with butter.

*A perfume made of hempseeds,
fleawort seeds, violet root and
parsley, or a mixture of violet
root and wild parsley makes
(so it is said) men see into
the future.*

HERBS, SPICES AND SEEDS

- suggested uses

- | | | |
|--------------|---|--|
| Basil | - | tomatoes, lamb chops. |
| Bay | - | soups, especially pea, stews, fish. |
| Chervil | - | salads, eggs, chicken. |
| Coriander | - | Caribbean and Mexican dishes. |
| Chili powder | - | Mexican dishes, meat loaf, salads, eggs. |
| Dill | - | fish, potatoes, salads, cucumber. |
| Marjoram | - | chicken, lamb, and with parsley for stuffing. |
| Rosemary | - | lamb, beef, soups, stews, potatoes, spinach. |
| Sage | - | stuffing, pork, goose, stuffed green peppers. |
| Savory | - | poultry, salad, pork. |
| Tarragon | - | salad, chicken, fish, vinegar. |
| Thyme | - | tomatoes, lamb, veal, pork, baked fish, clam chowder. |
| | | |
| Caraway Seed | - | (grows wild in Peel County). Hungarian dishes, pound cake, cole slaw, pork, bread. |
| Sesame Seeds | - | cookies, bread, biscuits, desserts, dumplings. |
| | | |
| Allspice | - | pickles, cookies, pot roast, peach jam, pickled pears, lamb. |
| Cloves | - | ham, tea, fruit, chutney, pickles, gingerbread, pumpkin pie. |
| Curry Powder | - | lamb, shrimp, chicken. |
| Ginger | - | cookies, pumpkin pie, fruit, sausage, sweet potatoes, carrots, Oriental dishes. |
| Nutmeg | - | eggnog, spice cake, apple pie, meat loaf, cooked spinach, buttered carrots. |

MEASUREMENTS AND WEIGHT

Equipment

3 teaspoons	15 ml = 1 tablespoon
4 tablespoons	60 ml = 1/4 cup
5-1/3 tablespoons	79 ml = 1/3 cup
8 tablespoons	118 ml = 1/2 cup
16 tablespoons	237 ml = 1 cup
1 fluid ounce	30 ml = 2 tbls.
8 fluid ounces	237 ml = 1 cup
16 fluid ounces	473 ml = 2 cups or 1 pint
32 fluid ounces	946 ml = 4 cups or 1 quart

Dry Measure

0.035 ounces.....	1 gram
1 ounce.....	28.35 grams
1 pound.....	453.59 grams or 0.45 kilograms
2.21 pounds.....	1 kilogram

Liquid Measure

1 teaspoon.....	4.9 milliliters
1 tablespoon.....	14.8 milliliters
1/2 cup.....	118.3 milliliters
1 cup.....	237 milliliters
1.06 quarts.....	1,000 milliliters or 1 liter

Food

1 cup butter margarine	237 ml = 1/2 pound	
1 cup Cheddar cheese grated	237 ml = 1/4 pound	
1 cup eggs	237 ml = 4 - 5 whole eggs or 8 egg whites or 12 egg yolks	
Butter or margarine	2 cups	: 1 lb.
Flour, enriched all purpose, sifted	4 cups	: 1 lb.
Suet, chopped, lightly packed	4 cups	: 1 lb.
Sugar - Granulated	2 cups	: 1 lb.
- Brown, firmly packed	2-1/4 cups	: 1 lb.
- Icing	3-1/2 cups	: 1 lb.
Eggs - Whole	5	: 1 cup
- Yolks	12 to 14	: 1 cup
- Whites	8	: 1 cup
Nuts - Shelled	Approx. 4 cups	: 1 lb.
Raisins - Seedless	3 cups	: 1 lb.
- Seeded	2-1/2 cups	: 1 lb.
Currants	3 cups	: 1 lb.
Dates (pitted)	2-1/2 cups	: 1 lb.
Chocolate	1 square	: 1 oz.
Candied Fruit - Citron	3 to 4 cups	: 1 lb.
Lemon & Orange peel	3 to 4 cups	: 1 lb.
1 cup all purpose flour	237 ml = 1/4 pound	
1 envelope of gelatin (unflavoured)	15 ml = 1/4 ounce or 1 tablespoon	
1 cup lard or solid vegetable fat	237 ml = 1/2 pound	
1 medium lemon (juice)	45 ml = 1-1/2 fluid ounces or 3 tablespoons	
1 cup chopped nut meats	237 ml = 1/4 pound	
Spices (powdered) - Approx.	4 tablespoons	: 1 oz.

A safe and effective furniture cleaner recommended by Museum Curator, Mrs. Barbara Stanley is -

equal parts of linseed oil and turpentine, add a tiny bit each of alcohol and cider vinegar. (use cautiously as it's flammable).

Also recommended -

For a safe cleaner and bleach of delicate old cottons and linens.

Soak in cold water, changing the water several times, then wash in cold water using Orvus washing compound (available in drug stores).

Rinse thoroughly in cold water and dry in the shade.

If bleaching is absolutely necessary, use a sodium perborate or oxygen-type bleach, (Snowy, Javex powdered, etc.), with cool water.

*A stick to take hair out by the roots
can be made using the following:
Melt together two ounces and a half
of rosin and one ounce of bee's wax.*

APPETIZERS

Alpine Onion Tarts	51
Braunchweiger Mould	46
Carrot Nibblers	48
Cheddar Cheese Log	47
Cheese Ball	50
Chicken Balls	45
Cocktail Frankfurters	46
Cocktail Meat Balls	50
Cocktail Puffs	49
Cornets of Smoked Salmon	47
Crab Appetizers	45
Country Pate	52
Curry Sauce for Raw Vegetables	47
Ham Stuffed Cherry Tomatoes	48
Individual Crab Quiche	104
Liver Pate	8
Luau Bits	46
Norwegian Fruit Prawn Cocktail	103
Peppy Cheese Mounds	48
Pigs in Blanket	50
Salmon Ball	50
Savory Party Dip	115
Shrimp Pate	53
Stuffed Celery with Brandy Filling	47
Stuffed Mushrooms	48
Sweet and Sour Meat Balls	46
Ten Minute Pate	52

BEVERAGES

Almond Liqueur	114
Christmas Cordial	115
Christmas Punch	114
Coffee Liqueur	114
Iced Tea and Gingerale	5
Irish Cream	114
Mother-In-Law's Smoothie	114

CAKES AND FROSTINGS

Bittersweet Frosting	35
Blender Date and Nut Cake	37
Brazil Nut Yule Cake	109
Carrot Cake	39
Chocolate Raisin Walnut Zucchini Cake	41
Creme De Menthe Cake	110
Fresh Rhubarb Cake	40
Pumpkin Walnut Cake	40
Sarah Graydon's Wedding Cake	109
War Cake	3
Water Icing	35

CASSEROLES

Baked Beans	62
Baked Celery Casserole	61
Brunch Egg Casserole	15
Broccoli Casserole	61
Eggplant Parmesan	59
Lasagna Casserole	85 and 88
Seafood Casserole	16
Spanish Lima Beans	60
Spinach and Minced Meat Casserole	79

COOKIES

Candy Cake	94
Chocolate Cherries	110
Chocolate Crackles	37
Christmas Ice Box Cookies	111
College Fudge Bars	35
Cranberry Christmas Squares	111
Empire Cookies	35
Fan Dale's Cookies	38
Fruitcake Balls	113
Gingerbread Boys	41
Great Rocky Road Bars	36
Krinkles	36
Lois' Hay Stacks	35
Mint Snowballs	112
Mocha Snaps	36
Oatmeal Cookies	36
Peanut Butter Sweeties	110
Raspberry Coconut Bars	111
Rice Crispie Balls	33
Scotch Shortbread	105
Sugar Plums	113
Water Icing	35

CREPES

All Purpose Crepe Batter	12
Bechamel Sauce	10
Crepes: Cheese Filling	10
Ham Stuffed	13
Mushroom Filling	10
Orange Blossom	12
Orange Sauce	11

DESSERTS

Amazing Coconut Pie	93
Australian Christmas Pudding	105
Blueberry Pudding	97
Brandy Sauce	108
Crepe Caramel Dessert	99
Custard Sauce	95
Eggnog Pie	112
Glazed Strawberry Pie	94
Grimsby Brandy Sauce	79
Holiday Apple Dumplings	108
Lemon Cake Pie	94
Lemon Chiffon Dessert	98
Lemon Syllabub	98
Mama's Apple Pudding	98
Maple Mousse	99
McIntosh in a Nightgown	79
Mincemeat Mellow Cheesecake	112
Oranges Poached in Wine	97
Orange Sherbet Salad or Dessert	99
Peach (Fresh) Cobbler	97
Perfect Pumpkin Pie	96
Raisin Pie	96
Raspberry Flambe	113
Rhubarb Meringue Pie	96
Snow Pudding	95
Substitute for Sweetened Condensed Milk	33
Trifle without Fruit	93
Vegetable Plum Pudding	108

EGGS

Alpine Onion Tarts	51
Brunch Egg Casserole	15
Cheese Souffle	13
Dandy Stuffed Eggs	15
Quiche - Crusty Cheese	14
Lorraine	14
Zucchini Lemon	14

FISH

Clam Chowder	25
Cornets of Smoked Salmon	47
Crab Appetizers	45
Fillet of Sole with Shrimp Sauce	87
Norwegian Fruit Prawn Cocktail	103
Oyster Stew	69
Salmon Ball	50
Salmon Cheese Braid	17
Salmon Souffle	13
Seafood Casserole	16
Shrimp Curry	86
Shrimp Pate	53

GARNISHES

Apple Rings	65
Cheese Apples	65
Curried Peaches	64
Fried Parsley	64
Frosted Grapes	65
Pickle Fans	65
Spiced Peaches or Pears	64
Stuffed Apricots	64
Tomato Roses	65
Turnip Lilies	65
Vegetable Flowers	65

MEATS

BEEF:	Beef Bourginon	81
	Beef Impossible Pie	71
	Beef Rolls	72
	Flank Steak a la Nipponese	84
	Hungarian Cabbage Rolls	80
	Lasagna	85,88
	Mock Duck	70
	October Stew	81
	Spinach and Minced Meat Casserole	79
	Steak and Kidney Pie	84
	Terriyaki Steak	84
FOWL:	Chicken Bake	83
	Chicken Curry	86
	Chicken Fricassee	3
	Cornish Hens	106
	Duck Stuffing	87
	Make Ahead Turkey and Stuffing	107
	Mixed Fruit Sauce	78
	Mustard Chicken	83
	Ontario Breast of Chicken Cutlet	78
	Orange Walnut Chicken	82
	Stuffing	86
	Turkey Pie	6
	Wild Duck a l'Orange	71

<u>PORK:</u>	
Barbecued Spare Ribs	83
Chinese Pork and Ginger	82
Ham Steaks Plus	81
Spicy Glazed Pork	80
Tourtiere	104
Walnut & Apple Dressing for Roast Pork	77

Rabbit Pie	103
Veal and Ham Pie	88

QUICK BREADS

Blender Date and Nut Cake	37
Bran Banana Bread	33
Branfruit Loaf	37
Cinnamon Rolls	33
Muffins: Apple	38
Banana	38
Orange Date	38
Plain Light Biscuits	34

SAUCES

Bechamel Sauce	10
Brandy Sauce	108
Curry Sauce for Raw Vegetables	47
Custard Sauce	95
Grimsby Brandy Sauce	79
Macadamia Mango Sauce	9
Mixed Fruit Sauce	78
Pesto Sauce	23
Tomato Sauce	61

SALADS & DRESSINGS

Caesar Salad for Two	27
Cucumber au Bateau	5
Egg Salad Mould	28
Everlasting Slaw	27
Flaming Spinach Salad	26
Four Bean Salad	28
French Dressing	2,7
Fresh Cranberry Salad	106
Fruited Chicken	9
Fruit Salad Dressing	28
Green Salad with French Dressing	2
Hot Potato	26
Horse Radish Dressing	77
Oriental	9
Pineapple	7
Russian Dressing	4
Salad Bowl	26
Shredded Carrot & Turnip	77
Tomato Aspic	5,7

SOUP

Clam Chowder	25
Cold Zucchini	25
Fish Chowder	2
Gaspacho	26
Minestrone with Pesto Sauce	23
Oyster	69
Sicilian Sausage	25
Simcoe County Corn and Cheddar Chowder	77
Split Pea	21
Tuesday Soup	24

VEGETABLES

Baked Celery Casserole	61
Baked Mashed Potatoes	62
Beet Roots	66
Breaded Huttonville Cauliflower	78
Broccoli Casserole	61
Broccoli Italian Style	61
Carrots, Onions & Raisins in Wine Sauce	57
Cauliflower Supreme	63
Dill Creamed New Potatoes	63
Eggplant Parmesan	59
Glazed Rum Carrots	57
Make Ahead Lemon Sweet Potatoes	106
Make Ahead Mashed Potato & Onion	107
Mixed Vegetable Dish	59
Mushroom Onion Fried Rice	58
Oven Browned Potatoes	62
Peas Parisienne	60
Potato Cakes	63
Ratatouille Nicoise	58
Rotkohl	105
Spinach Pie Mixture	78
Stuffed Potatoes	60
Tomatoes Au Gratin	60
Turnip Potato Carrot Hash	62

DATE:

OCCASION:

GUESTS:

MENU:

WINES:

COMMENTS:

DATE:

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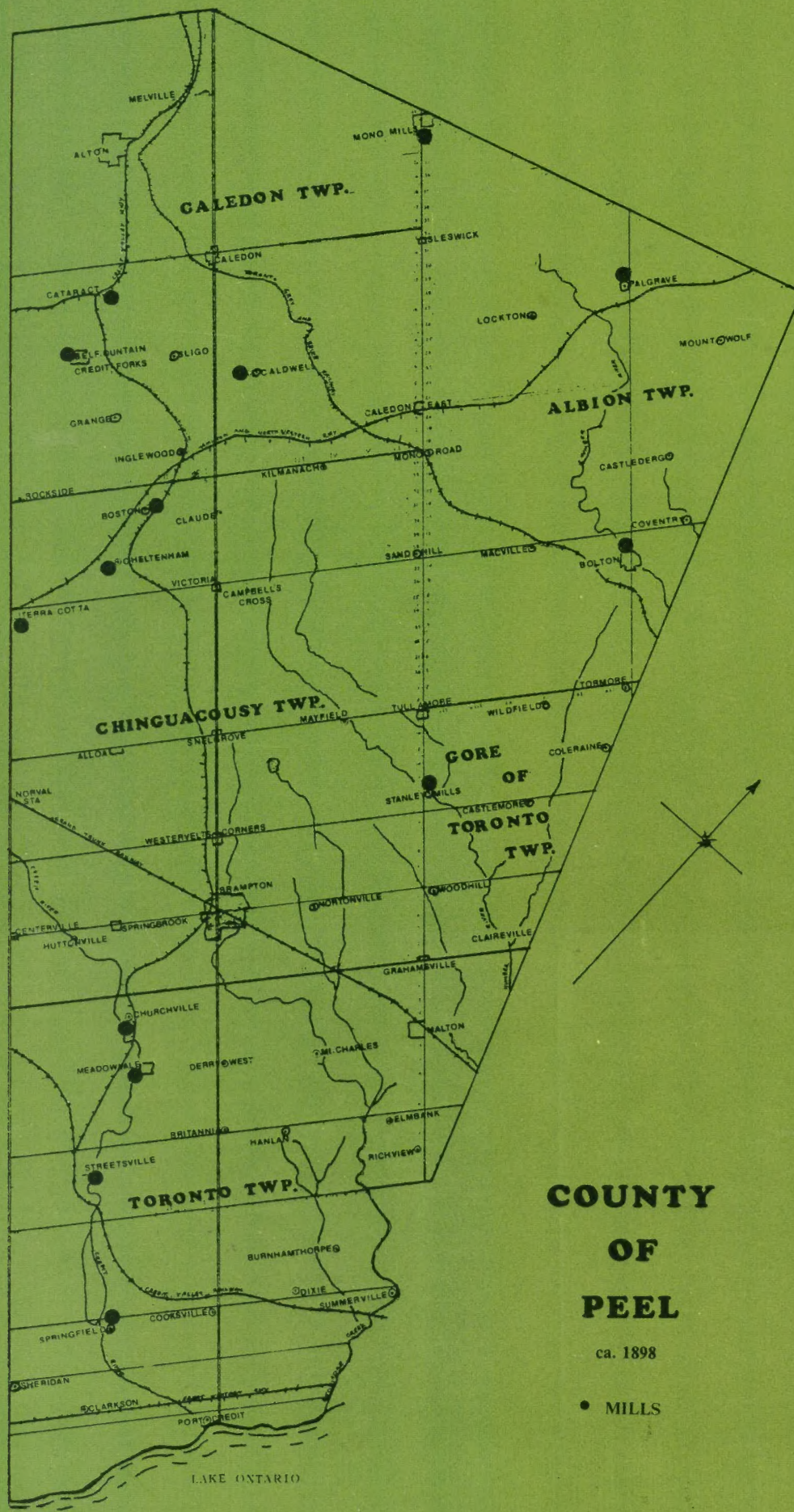
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• MILLS